



# WORLDCHEFS

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OFFICIAL MAGAZINE OF THE WORLD ASSOCIATION OF CHEFS SOCIETIES

## Focus

Worldchefs Congress & Expo 2016

## News

Chefs for Charity

## In&Out

Six Steps to Great Coffee

## Pastry

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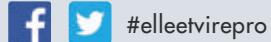
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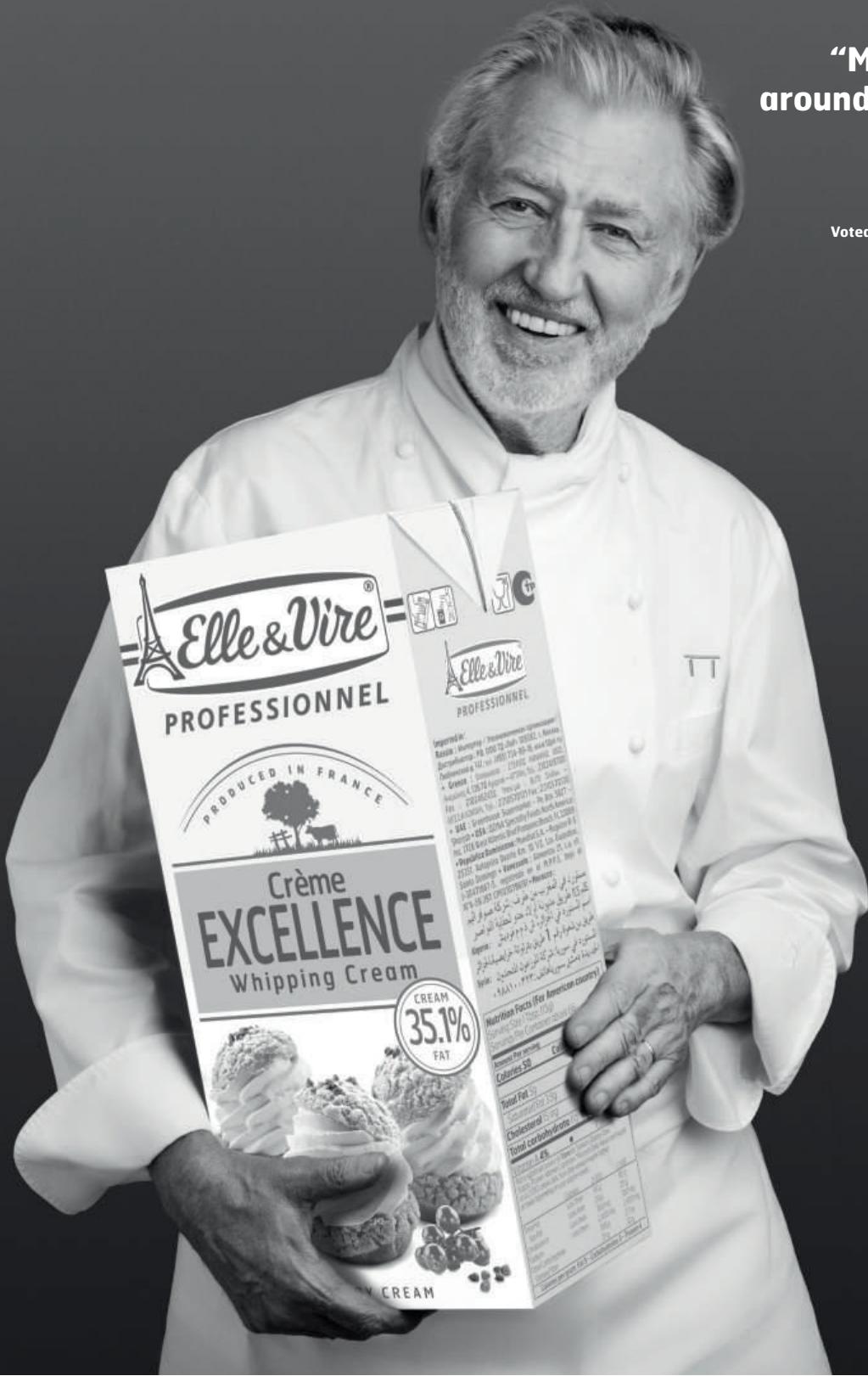
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# OUR PROGRESS



**CHARLES CARROLL, CEC, AAC**  
WORLDCHEFS – PRESIDENT

## DEAR WORLDCHEFS FAMILY,

I hope members around the world are able to find time to spend with your family during the summer months. The hospitality field can sometimes be challenging with busy holidays and different seasons but we all need to be sure to take some time out for the people most important in our lives – our families.

Our team continues to stay busy with ongoing projects. Worldchefs Congress & Expo Thessaloniki Greece 2016 is always on our front burner. The congress team recently had a meeting and we are going full throttle with the planning. Be sure to visit [www.worldchefs2016.org](http://www.worldchefs2016.org) to register today. We are working on a new format that will focus on scheduling most of the business meetings early on in the week. We are also planning all coffee breaks and lunches around the competition arena and scheduling more free time for networking, sightseeing and building up friendships.

I need to once again congratulate World Chefs Without Borders Chairman Willment Leong from Thailand and all committee members, who have been working tirelessly on all new standard operating procedures, raising money and helping thousands of people around the world. Chef Oliver E Soe Thet has been also working around the clock for the Myanmar aid. WCWB 2015 to date has raised 70,000€ and that is truly amazing. With 105 member countries, imagine if all of us could plan a fund raising event for World Chefs Without Borders and raise 1000.00 each year. That would seed WCWB each year, along with all their efforts to help and assist our colleagues in need around the world. Imagine the impact we could have on the world! What other associations can do such great work like this? So many of you have already contributed from your chapter or personally. Let's get together, get organized and challenge each other in 2016 on how we can donate as a country once a year.

Our Worldchefs Certification website and certification program is now running smooth. We have been making great strides in working out all the kinks. I would like to encourage those who are not certified to step up and help further yourself in your career. Take advantage of this great opportunity and receive global recognition.

I am proud to announce "Healthy Kids- Healthy Future" as the campaign message for International Chefs Day 2015. Thanks to our wonderful partner "Nestlé Professional" for their tireless efforts and support, and the assistance of the World Chefs Without Borders committee, we have created healthy recipes and an easy campaign concept for you to recreate with your members.

One initiative I would like to encourage you all to engage in is "Fitness For Chefs". The world relies on chefs to do the right thing, grow the right product, purchase the right ingredients and prepare the best meals while keeping the wellbeing of our customers in mind. How do we find the time to manage our business, our families and our own well-being? To me the biggest secret is to "schedule it". There are many days I start to hit the wall around 3:00pm and my work production often slows dramatically. It is easy to "not work out" or deny going to the gym because of all the work on my desk. But the secret for me has been to take an hour out of the day and go to the gym. I am much more productive when I get back and get more work done than if I stayed. Eric the Trainer from Los Angeles who presented at the Norway congress, shares more in his article 'Fitness for Chefs'.

Wishing you all much success and safety,  
Blessings and Warm Culinary Regards,

**Charles Carroll, CEC, AAC**  
Worldchefs President

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COURTESY OF ASPEN LITTLE NELL

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We invite external columnists to submit articles and express their views on issues related to the culinary industry. These articles are not the official view of the Worldchefs.

If you wish to express your point of view please contact us at [editorial@worldchefs.org](mailto:editorial@worldchefs.org)

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#### SPECIAL THANKS TO:

Friedr. Dick Knives	SDI Scottish Seafood
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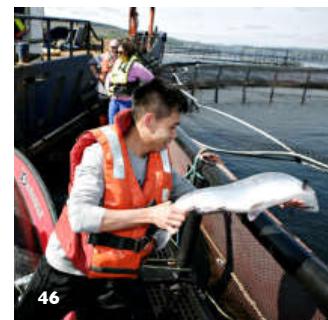
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## WHAT'S UP IN NAMIBIA

At the competition at the Tourism Expo in Namibia, the winners in the junior category are: Chefs Jo-Andri Pretorius (Third, Taste Academy), Chrisjan Frederick (Second) Klein Aus Vista and Hirondina Sangunji (Champion, a Polytechnic Student). At the Senior competition, Frederic Lutz from Hotel Thule came in as second runner-up, followed by Kosie Henn from Chicken farm, with Yannick Schweigardt from La Bonne Table as the overall winner.

In October, they will be hosting the third ever African Culinary Cup competition for under 25 year old chefs. This is an international competition for Chefs from the region Africa and the Middle East, with expectations of at least 7 international teams of 3 chefs each to come and cook up a storm in the capital.

## THE GREEK ACTION

The Chef's Club of Greece has organized a 2 day festival in the city of Kalamata, with educational seminars on new gastronomic technologies. They also organized a charity dinner, where proceeds were donated to an organization housing abused children and to a local teenager who lost both his arms in an accident. The menu was planned by the Greek National Culinary Team, cooked by members of the chef's club of Greece and sponsored by the Elite City Resort Hotel and local businesses.



## PHILIPPINES GEARS UP

The Le Toque Blanches Philippines Chefs Association has welcomed a new addition to the family - the new LTB Davao. Headed by Sally San Jose as president and Anton Abad as vice president, this is the first LTB Philippines Chefs Association Chapter outside of Manila, with the mission to increase the level of culinary training in Mindanao and support the Filipino professional chef profession. In addition, the LTB Philippines Chefs Association (LTB) and Pastry Alliance of the Philippines (PAP) Chefs also officiated the Mindanao Culinary Festival 2015. Over 120 chefs from all over Mindanao participated in this 3 day event hosted by WOFEX Davao and the Davao Tourism Association.

# WORLDCHEFS NEWS

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## CULINARY ABILITY AWARDS CELEBRATES 10 YEARS



**CELEBRATING 10 YEARS**

"Our vision hasn't moved from the first day. It's all about raising awareness, creating opportunities, empowering talented individuals, enlarging the circle. So we have been involved in a European project and testing, experimenting and in the finalization of the Zero Barriers method, as well as its adaption and dissemination in Scotland. This recognised qualification for individuals is ideally suited to individuals with a variety of disabilities refraining from abstract theoretical examination that often keep from pursuing a career in the hospitality industry. Our industry has a world shortage of chefs and of course chefs who have a good solid foundation seem to be as rare as tartan paint. That doesn't mean that there aren't any there. Unfortunately the supply and demand just don't match up. We will have 2 teams competing at Hotelympia 2016 at La Parade de Chefs building on the success of 2014 and the Culinary Ability Awards competition taking place where the winner once again will gain a scholarship with Chef Anton Mosimann OBE." - Chris Sandford, Founder, Culinary Ability Awards.



**Safety Guard**



## VanDrie Group: a family history.

The Dutch-owned VanDrie Group is not only the world market leader in veal, but also a company built on the best family traditions. It was in the early 1960s that Jan van Drie purchased his first newborn calf for fattening. Today, with more than 25 companies, the group is the largest integrated veal producer in the world and thereby the global market leader in veal and the largest producer of calf milk. Monitored by Safety Guard, a unique integral chain management system, approximately 1.5 million calves are processed each year, more than 95% of which are exported all around the world. The VanDrie Group satisfies approximately 28% of European demand for veal.



## Why choose the VanDrie Group.

Guaranteed through integration. All companies in the VanDrie Group are 100% aware of their responsibility for optimum quality in the products to be supplied. This is true of the livestock farm, the calf feed production and the meat companies. We work together to offer that guarantee to the end user. This is what prompted the VanDrie Group to devise an integrated approach, guided by the most advanced control systems. Furthermore, integration is the perfect answer to constantly changing consumer needs and market trends. For this reason, the VanDrie Group, with its globally unique integrated production chain, is chosen.



## Putting the calf on a pedestal.

Respect for people, animals and quality has been second nature at the VanDrie Group for generations. It forms the basis of our craftsmanship and partnership, and it's the key to the product that is ultimately delivered: Controlled Quality Veal.



**VanDrie Group**  
CONTROLLED QUALITY VEAL

[www.vandriegroup.com](http://www.vandriegroup.com)





## CHEFS FOR CHARITY

Worldchefs Without Borders has raised 70,000 euros in aid of the Nepal quake victims. Says Chairman Chef Willment Leong, "Through the contact of Chefs Association of Nepal, we managed to seek an audience with the Prime Minister of Nepal and any funds raised will all go to Prime Minister of Nepal for relief efforts."

Leong also visited Kathmandu Nepal to visit Chef Association of Nepal and did an inspection of all damage structure cause by the earthquake. Many thanks to the chef associations who rose to the occasion:

- **The Korea Young Chefs Federation** created a fund raising effort at the Food Hotel Seoul culinary competition
- **Hong Kong Chefs Association** donated all souvenir earnings during the HOFEX show
- **Singapore Junior Chefs Club** sold homemade marshmallows
- **All competitors and judges at the THAIFEX - TUCC 2015 Thailand** were also encouraged to donate 1USD to 10 USD to the Nepal relief fund.
- **Slovenia Chef Jozef** also created a gala dinner to raise funds
- **The Taiwan Chefs Association and Taiwan Chinese Cuisine Association** raised 15,000 Euro during a one-night event.

Worldchefs Without Borders has also embarked on a global donation drive to support the Myanmar Flood Aid Mission to bring clean water, rice, salt, clothing, blankets, noodle and medicine has begun to aid families in the disaster hit areas. Myanmar Chefs Association is appealing for more funds and support as part of their Relief Aid Plan.

For updates and further information visit Facebook: World Chefs Without Borders or contact: Willment Leong, WCWB Committee Chairman at mobile +66817355800 or [willment@hotmail.com](mailto:willment@hotmail.com)



## FONTERRA PAstry CHALLENGE IN MACAU

At the fourth edition of the "Fonterra Food Services Pastry Challenge 2015" in Macau, professional pastry chefs representing establishments from Galaxy Macau Resort, Gourmet House, Institute for Tourism Studies (IFT), Mandarin Oriental, MGM Macau, MUST The Seasons, Serendipity, Sheraton Macao Hotel, to Wynn Macau presented their best. This competition has played an integral part in fostering the pastry industry in Macau, offering professional pastry chefs a valuable opportunity by exchanging pastry skills and ideas as well as recognizing talented chefs with great creativity and excellent skills. The theme for this year? Let's Celebrate using Anchor Dairy Products.



## TAIWAN CULINARY ART CHALLENGE

The first ever held Taiwan Culinary Art Challenge under the Taiwan Chefs Association welcomed 352 competitors from Taiwan who competed across 21 Categories. There were over 23 local and 7 international judges who judged the 458 competitions, with Chef Perry Yuen from Macau as the head judge representing Worldchefs. Says the spokesperson from Taiwan Chefs Association, "The competition provided competitors with the opportunity to acquire the competence and the skills to understand and appreciate fundamental food products, focusing on the preparation of food commodities which were analysed for both their cultural and sensorial value, in order to reveal their characteristics and their flavour."



## A RECORD MILESTONE

For the first time, THAIFEX – World of Food Asia hosted the Asia selection of the Global Chef Challenges competition. Organized by Worldchefs, the global association of chefs, the Asia selection was a huge success. Singapore took the podium for both Global Chef Challenge and Hans Bueschkens Young Chef Challenge, while South Korea was champion for the Global Pastry Chef Challenge.

Says Rick Stephen, Asia Continental Director for Worldchefs, "This is one of the most well-organised competitions I have seen, with THAIFEX – World of Food Asia as the most supportive partner. This has definitely set a new benchmark."

The Thailand Ultimate Chef Challenge, held concurrently with Global Chefs Challenge, welcomed 1052 participants, based on 936 entries from 16 countries including Singapore, Greece, England, Australia, Canada, Taiwan, Switzerland, South Korea and Thailand etc. With 24 categories, this massive competition included new categories such as Thai-Korea Fusion Challenge and California Raisins' Baking Challenge (Professional Chef).

Says Willment Leong, Chairman for the Thailand Ultimate Chef Challenge, "This year, we are proud to welcome 41 international judges from 16 countries and a new record of 936 entries. In just 4 years, this competition has grown beyond our expectations and is highly regarded even in countries out of Asia. We are very happy with the results and the support."



## CHINA RISING

China has been on a dynamic roll to realize its international dreams. After 20 years of absence from the international culinary competition scene, the China Cuisine Association (CCA) is set to make a comeback at the 25th IKA in Erfurt, Germany. Their commitment was sealed at the Establishment Ceremony of the China National Culinary Team in Beijing, attended by Rick Stephen (Asia Continental Director of Worldchefs), Alan Orreal (Worldchefs Young Chefs Development Team), President Jiang Junxian (of CCA), Chen Yixing (President of Unilever Food Solutions-China). The CCA has also appointed Chefs Li Yaoyun and Ge Xian'e, two core figures of the past national teams, as technical consultants to provide training guidance. Over a stringent selection process over the last 2 years, 10 members of the national training teams have been selected, with more impending selections in the next few months.

The CCA has also embarked on several Chinese cuisine exhibitions to share the rich tapestry of the Chinese cuisine. It organized the "Chinese Food International Festival" in Paris, which also unveiled the launch of the "China Catering Overseas(France) Development Service Center". This was strongly supported by the UNESCO national committee of China, National Ministry of Education, Ministry of Commerce, Ministry of Culture, Embassy of China to France and Yi Hai Jia Li Food Marketing Co., Ltd. Foreign supporters included Hervé Novelli (former minister of French Manufacturing, Commerce and Tourism Department and congressman), Valérie Pécrèsse (former minister of French Education Department and congressman) and Anh Dao Traxe (daughter of former French president Chirac and congresswoman), who all sent their best wishes.

# HEALTHY KIDS

October 20th is International Chefs Day. This year the theme will be “Healthy Kids- Healthy Future”s - in support of the Nestlé Professional Healthy Future partnership.

## THE OPPORTUNITY

Every year, over 10 million chefs affiliated with 103 member associations through Worldchefs, use the day to engage in charitable activities in their immediate communities, providing exposure to the Chefs vocation and to honor the profession. Every Year Worldchefs chose a theme for the day, to align activities and drive synergized awareness. Here's what you need to know.

## THE BIG IDEA

The idea is to let kids be grown ups that make own food choices, by turning them into ‘chefs for’ an afternoon. We’ll do this by letting chefs lead a fun, interactive and memorable kids’ cooking workshop, built around the 7 colours of healthy food.

## HOW DOES IT WORK?

- We need a kitchen
- If the school has a big enough kitchen, the chef can use the school kitchen (and involve the school cook/chef).
- OR, we use the classroom as the ‘kitchen’ and the chef could bring own equipment.

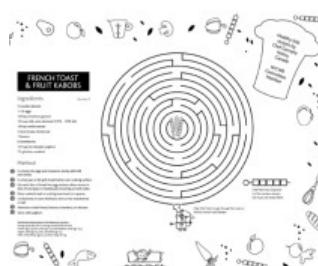
The session will begin with the chefs introducing themselves to the kids, talking about what they do in a normal day at work. Each kid will then be given a simple, paper chef’s hat. They will be able to write their name on the front. So, for example: Chef Johnny, Chef Sarah, Chef Lucy etc. Chefs should also bring whatever other chef’s items they have at their disposal i.e. plastic aprons etc. (“Healthy Kids” branded) aprons can also be provided by Nestlé Healthy Kids champions in the markets).

The chefs will then teach the kids a bit about the 7 colours of healthy food in a fun and informal way, utilising a poster depicting the various colour groups. (Poster supplied in toolkit).

This is an easy system for children to remember as it has a good visual mnemonic. Chefs will explain each colour, the nutrients that colour contains and how it helps make you healthy. Kids will get to think of foods that are that colour, while the chef could also bring ‘interesting’ items to the class (i.e. aubergine, star-fruit etc. - Jamie Oliver insight on introducing kids to vegetables and fruits that they might not know). They could either draw the pictures, cut out from magazines or place real items the chef brought along on the poster.

## AND NOW FOR THE FUN PART!

The chef will bring along various ingredients and food items from the 7 colour groups. He/she will randomly choose kids to help him/her separate the items into the various groups. Once all the ingredients have been separated into the correct groups, the chef will ask the kids to choose ingredients from each group. The chef will then need to invent and create a meal with the kids, using the ingredients that the kids have chosen. This module will also act as a



cooking class, and the chef will talk about the different methods he is using, along with various hygiene and kitchen safety procedures.

The chef will ask kids to help him/her with various parts of the cooking process. Then, once completed, the class will all get to sample the meal. The child will then receive the colour in – A3 placemat with the activity to take home and “show mom”. We will also provide “A5 recipe cards” with “healthy eating” recipes prepared by members of the World Chefs without Borders committee for the family with advice for better nutrition at home.

## LEVERING THE IDEA FURTHER

We will encourage the chefs, teachers and even the kids to post photos and videos from the workshops on their Facebook, Twitter and Instagram profiles, using the campaign hashtag: # Healthykids \* international chef’s day. This content will provide valuable PR for the chef associations in each region. All associations will post articles back to the Worldchefs website, Worldchefs magazine. Nestlé Healthy kids will impact the healthy eating habits of children with a message that is simple, effective and can be transported home.

# Seafood from Scotland



Scotland's seas and lochs have been home to a rich and diverse range of seafood for generations. From the chef's favourite, delicious farmed salmon, to succulent whitefish, sweet flavoured shellfish and the world's largest supply of langoustine. Seafood from Scotland is exceptional and exclusive, bursting with possibilities and exciting flavours.

[Seafood from Scotland](#)



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**WORLD ON A PLATE**  
WORLDCHEFS  
**CONGRESS & EXPO**  
24-27 SEPTEMBER  
**2016**  
THESSALONIKI

We dine more out, we welcome new ethnic-inspired foods, we love snacking, we savor narratives –not only flavors, we like pickling, fermenting or smoking for preparation, we choose bitter, sour and umami, we know our fats and oils, we want our salts all natural and with character, we yearn for the farm's produce, we play with dips and sauces, we discover new food capitals of the world, ... we travel, we spot, we connect, we post, we are millennial!

The easiest and most pleasurable way to become cosmopolitan is with food. People worldwide welcome influences by different cuisines, blend diverse heritages with new flavors, endorse new ideas for healthy nutrition and taste.

The chefs of this world have a new and very attentive audience. No wonder then, the next WORLDCHEFS Congress & Expo in Greece 2016, will be celebrating the flourishing global gastronomy right where culinary traditions mixed and changed for millennia.

Come, sense, share and learn about the future trends and challenges of chefs in the future.

We bring the whole world together on a plate at the **WORLDCHEFS Congress & Expo** in Thessaloniki, Greece from **24-27 September**.

**Don't get left behind!**





# DON'T GET LEFT BEHIND!

The WORLDCHEFS Congress is a biannual event and a hallmark tradition of Worldchefs; it has been organised in over 35 cities across the world throughout its illustrious 86-year history.

#### **THE CONGRESS**

A WORLDCHEFS Congress attracts between 500 and 2000 delegates from all over the world. It is a unique opportunity to showcase a country's cuisine, culture, traditions and its chefs and to capture the interest of the international culinary community. A WORLDCHEFS Congress comprises a great educational programme, competitions, a trade exhibition and numerous culinary events and activities, such as the Country Presidents' and the Continental Directors Meetings.

#### **NEXT CONGRESSES WILL BE HOSTED IN:**

2020 open to bid (to be voted in 2016)  
2018 Kuala Lumpur, Malaysia (awarded 2014)  
2016 Thessaloniki, Greece (awarded 2012)

#### **PREVIOUS SIX CONGRESSES HAVE BEEN HOSTED IN:**

2014 Stavanger, Norway  
2012 Seoul, South Korea  
2010 Santiago de Chile, Chile  
2008 Dubai, United Arab Emirates  
2006 Auckland, New Zealand  
2004 Dublin, Ireland

#### **THE COMMITTEE**

Charles Carroll, Worldchefs President  
Ragnar Fridriksson, Worldchefs Managing Director

#### **THE ORGANISER**

The World Association of Chefs' Societies or WORLDCHEFS in short, is a global network of chefs associations first founded in October 1928 at the Sorbonne in Paris. At that first congress there were 65 delegates from 17 countries, representing 36 national and international associations, and the venerable August Escoffier was named the first Honorary President of Worldchefs.

Today, Worldchefs has 105 official chefs associations as members that represent over 10 million professional chefs worldwide. The World Association of Chefs' Societies is a non-political professional organization, dedicated to maintaining and improving the culinary standards of global cuisines. They accomplish these goals through education, training and professional development of our international membership. As an authority and opinion leader on food, Worldchefs represents a global voice on all issues related to the culinary profession.

## THE DESTINATION

The city of Thessaloniki was founded in 315 BC by Cassander, in honor of his wife Thessaloniki, sister of Alexander the Great. Since then, and due to its strategic position, Thessaloniki has been a commercial and cultural crossroad that brought together people and ideas from all over the world. The signs of this uninterrupted urban activity for more than 2,300 years are evident in each corner of the city.

Nowadays, Thessaloniki is a big, modern city, with a population of around one million, and an important administrative and financial centre of the Balkans. The warm and vibrant city life is largely influenced by the Aristotle University of Thessaloniki; the largest university in Greece, with more than 72,000 undergraduate and 8,000 postgraduate students.

Thessaloniki is surrounded by places of great natural and historic beauty such as Olympus National Park, Vergina, where the Royal tomb of Philip II, father of Alexander the Great was found, the autonomous Monastic state of mount Athos, and Chalkidiki with its beautiful sandy beaches.

## THE VENUE – TIF-HELEXPO CONGRESS CENTER

The Thessaloniki International Exhibition Centre is conveniently located in the center of the city, next to historical monuments and important museums such as the Archaeological, Byzantine and Museum of Modern Art and comprises a unique convention venue combining comfort, flexibility and adaptability. It is easily accessed from every part of the city:

- 15 km from Macedonia Airport
- 3 km from the Railroad Station
- 2 km from the Port

## PEOPLE & LIFE

Thessaloniki is a popular destination. You will certainly enjoy a pleasant and interesting stay in the city. People are friendly and happy to help with any questions. The atmosphere is unique during the day in the commercial and shopping centre, but especially during the evening, in the wide variety of bars, restaurants and theatres for entertainment. Thessaloniki is renowned for its unique location, along the Thermaikos Gulf, its sunsets, its long history, its monuments and museums as well as its distinguished cuisine.

## CLIMATE

A city by the sea with an annual average of 300 days of sunshine. Every season in Thessaloniki can be enjoyable to the utmost. Typical Mediterranean climate with mild winters and warm summers. The weather in September ranges from min. 15°C to max. 27°C.



The Archaeological Museum of Thessaloniki & The Museum of Byzantine Culture.



The Ladadika district near the port, known for the 'local color' and the sophisticated entertainment options.



Taste local wine and visit wineries and vineyards following the 'Wine Roads of Macedonia'.



Experience local and international gastronomy in a city where cookery is a passion!

# MAKING TIME FOR HEALTH TO SUPERCHARGE YOUR CULINARY INTELLIGENCE

Eric the Trainer, who will speak at the Worldchefs Congress & Expo 2016, shares some tips.

BY ERIC THE TRAINER – USA

A chef's work is never done: From early morning food prep and reordering to overseeing a cast of thousands in the kitchen, time seems to race by these culinary generals. However, the overall health and well being of chefs helps determine their effectiveness on the job and their mental/physical stability at home. Despite their demanding schedule, time must be carved out for the three musketeers of health: exercise, diet, and sleep. Here are a few helpful suggestions to assist in regaining balance in your life after the apron comes off:

## WAIST? NOT

Doctors are now linking the size of your waistline to the length of your life: Larger girth means less time on Earth. To decrease your waist size start each day with half a grapefruit and a mug of hot green tea. Studies have shown a dramatic drop in inches for those who enjoy this dynamic duo before eating breakfast. Additionally, create and stick to a food curfew of 7pm. Eating at night makes belts feel tight. Lastly, do something active each day that breaks a sweat. Yoga, walking, working out at the gym, or tennis are all excellent activities that burn calories and take your mind away from the kitchen for a bit. And that combo is good for your brain and your future six pack abs.

## FIRST THING'S FIRST

The best time for chefs to exercise is first thing in the morning. Wake up, have a morning stretch, and get those muscles in motion. After all, with the constant demands that the average chef gets from his clients, bosses, and kitchen team, there is little time left to focus on sustained, uninterrupted exercise except first thing in the morning. It also gives you the chance to jump start your day with the knowledge that you prioritized your health and wellness first. Exercise boosts overall circulation in the body which enables advanced brain activity, helps with proper digestion, and wards off depression naturally by releasing endorphins. So what are you waiting for? As Michelle Obama likes to say, "Let's Move!"

## EAT LIGHT TO STAY LIGHT

The age of the traditionally fat chef has come to an end. A new world movement of healthy living has taken over, so chefs must keep current with the times for the sake of their careers and their own health. One key to proper eating is timing. By consuming lean protein sources accompanied by fresh fruit or vegetables every 3 hours, your body receives the correct amount of fuel needed for optimum performance. Many chefs purchase wristwatches that sound an alarm after each 3 hour block to remind them to seek



proper food. The perfect serving size is roughly the size of your palm. And after 5 small meals the day concludes, creating a food curfew which insures against any late night eating. So get on track for 3 meals and 2 snacks.

## PILLOW TALK

Most people aren't aware that all physical transformation occurs during sleep: It's nature's hidden secret. So if you're looking to make a big change on the scale, sleep must be prioritized. Sleep is to the body what an oven is to cookie dough: It's a necessary step to create the desired transformation. And it's not just how many hours you sleep (I suggest 6.5 to 8 hours per night) but it's also when you sleep that matters. Doctors have found that the hours spent asleep before midnight are worth nearly twice as much as the hours after midnight when it comes to physical change due to the rhythms of our internal systems coupled with the daily sunrise/sunset schedule. So, swap out those late nights for breakfast meetings and buy a comfortable pillow: Big changes lie ahead.

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Eric the Trainer is a Hollywood Physique Expert who was also a speaker at the Worldchefs Congress 2014 at Stavanger, Norway.



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# AN OPPORTUNITY OF A LIFETIME

Traveling to South Africa sponsored by Dr. Billy Gallagher was a humbling experience filled with new cultures and lifetime bonds of friendship for young chefs Kim Luen Chen from Hong Kong and Victor Kindlehart from USA. They share some of the highlights.



## DAY ONE

We started the trip with Taste of Cape Town, an awesome food festival that highlighted not only South African cuisine, but Cape Town's artisan producers and vineyards. We learnt about biltong, a piece of cured meat made from beef or ostrich. That evening, we went to the ports in Cape Town where we got good pictures of Table Mountain. At dinner, we learnt about poike pots. Although the origin of the poike pots may be from the Dutch, these cast iron small cauldrons are very popular serving dishes in South Africa.



## DAY TWO

At Zonnebloem winery, we had behind the scene tours. We learnt about the winemaking process, from the selection of the grapes to the bottling, the corks used, and the barrels. The science is mind boggling but the passion is contagious. After our tour, we had a wine tasting of about eight different wines – two whites, and five reds. Reading,

explaining, and tasting wines is an art. My favorite was the Pinotage, which I learned was actually invented in South Africa by a college professor and is the only true grape varietal native to South Africa. We then met up with Razvan Macici, the wine master for Nederburg Winery, the most prestigious winery in South Africa and home to the Nederburg Wine Auction (one of the top three wine auctions in the world). A more than beautiful estate nestled in a little slice of heaven. Afterwards, we were invited to Bennie Howard's residence. Bennie has many accolades to his name including Marketing Manager for Meerendal Winery, Vice President to the Veritas Awards (the most prestigious and oldest awards for Wine and Brandies in South Africa), not to mention a certified wine sommelier and accomplished cook. We had kudu, an indigenous meat which is close to a deer and elk that was cooked over open fire. Delicious!



**DAY THREE**

Cape Town is known for its food scene and we loved Spice Route, a hub of artisanal businesses surrounded by vineyards. There were De Villiers (chocolate company), pizzerias, Cape Brewing Company, and coffee houses that roasted their own beans for their signature blends, all nestled between wine vineyards. Then we met Chef Bertus Basson, Executive Chef of restaurants Bertus Basson and Overture. Dishes such as Fried pig trotter, heirloom carrots, rasin jus, then ox tongue with beets, then Roast Hake, squid, with curry, then beef sirloin, crisp onions monkey gland glaze, then frozen grapes ending with brandy pudding soufflé with vanilla ice cream, was more than magic.

**DAY FOUR**

We departed for Durban and tried the “Bunny Chow” dish. The cashier asked if I wanted mild, medium, or hot. There is a huge population of Indians in the city of Durban, and “Bunny Chow” is a loaf of square bread, hollowed out and filled with mutton that was braised in curry. WOW, it was spicy, but wonderful!

**DAY FIVE**

We met Executive Chef Craig Elliott of Unilever Food Solutions. We toured the R&D kitchen and went over all of the products. Craig's approach towards the Chefs in the industry is not to take over jobs but to offer a resource, not replacement for their job. Today, they were testing a seasoning for fried chicken.

**DAY SIX**

We spent the whole day at Ushaka Marine World and toured the facility with the Executive Chef. With 30-60 outlets open at one time, the logistics, preparation, and production to meet the needs of the amusement park on a busy day needs to cater to 35,000 to 50,000 people!

**DAY SEVEN**

We ended at the Beverly Hills Hotel, Tosgo Sun first hotel. The Beverly Hills is a very high profile property because it has kept its 5-Star status since it opened in 1964. We were introduced to the Executive Chef, Tony Kocke, who took us on a tour of his kitchen. We then caught a flight from Durban back to Johannesburg. We checked into the African Pride Hotel and met Adrian, the Executive Chef, the ambassador to WACS Young Chefs, and a good friend that I met in Norway a few months earlier.

**DAY EIGHT**

We visited The Saxon, a 5-Star hotel, spa, and with very fine dining. The “High Tea” buffet had “old school” presentation and methods (personally, my favorite techniques). There was squash mousse, terrines, tartar, and many other items. I had the English Roast and Yorkshire pudding which brought back memories of Christmas at my Grammie’s house.

**DAY NINE**

We headed to The Lion Park, where we saw many animals animals, meerkats, cheetahs, giraffes, zebras, and of course lions. We also had the opportunity to baby lions... I took full advantage of that.

**DAY TEN**

Together with Adrian, we headed to two different schools to talk to culinary students about Worldchefs, Young Chef Clubs, and introduced ourselves. In the evening, we had dinner with Dr. Billy Gallagher. It was humbling to meet the man and the stories he told really impacted us. He presented us with a copy of his book. Dr. Gallagher is titan to say the least. Overall, this was an epic trip filled with laughter, friendship, culture, and most of all, passion.

# CILANTRO CULINARY ACADEMY

Started by a group of passionate F&B lovers and chefs who wanted to educate the young generation and attract them to the F&B industry, Cilantro Culinary Academy in Malaysia has clocked many milestones since it started. Mr YT Liew, Director of Cilantro Culinary Academy, sheds light on what makes the private vocational institute different.

## WHAT SETS YOUR CULINARY INSTITUTION APART FROM THE REST IN MALAYSIA?

Cilantro Culinary Academy is Malaysia's largest private vocational academy with expertise in both culinary and pastry field. The Academy's strength in establishing a quality education consists of a line of Professional Chef Instructors from various backgrounds and specialised culture in the culinary and pastry fields as well as the career guidance team from the administrative and education consultant personnel who assist students on their career path.

## HOW IS THE CULINARY EDUCATION LANDSCAPE IN MALAYSIA LIKE? IS THERE A LOT OF INTEREST IN CULINARY EDUCATION?

There is a great potential in the culinary and pastry education landscape as Malaysia possess natural advantages such as the diversity of food and culture. The public are also more aware of the industry with the help of TV programmes.

## WHAT ARE THE CHEFS AND CULINARY STUDENTS IN MALAYSIA LOOKING FOR?

The chefs and culinary/ pastry students nowadays are looking for international standard of culinary and pastry skills, techniques and knowledge with global recognition and certification.

## HOW MANY STUDENTS/TEACHERS DO U HAVE?

Being one of the pioneers in private vocational culinary and pastry academy in Malaysia, The Academy has a strong team of chef instructors with years of experience as professional chef in the F&B industry. Cilantro Culinary Academy has trained thousands of students in more than 16 of the industrial-standard kitchens since 2006.

## HOW ARE THE FACILITIES LIKE?

Cilantro Culinary Academy is well-equipped with top-notch facilities and comprehensive equipment. The Academy has more than 16 international standard kitchens and comfortable classrooms with tutorial size not more than 22 students; spacious library, a restaurant and computer lab with internet access.

## SHARE WITH US MORE ABOUT YOUR PROGRAMMES.

Cilantro Culinary Academy offers culinary and pastry programme with a strong emphasis on practical skills. Students will spend at least 70% of their time in the kitchen. Their studies is focused on kitchen management, pastry, hot cooking, baking food handling, safety, hygiene, costing, budgeting and etc. Students are also given opportunity to test their skills in domestic and international competitors where they are regular medal winners. Upon completion of the diploma course, they will be awarded a Diploma/ Advanced Diploma from City and Guild of London Institute U.K. As for further Degree course, it is awarded by University of West London U.K.



(From left) Chef Chern Chee Hoong, Mr YT Liew and Chef Bernard Lee in one of the kitchens of Cilantro Culinary Academy.

Furthermore, The Academy also offers students with the opportunities in Australia by providing them with a qualification delivered according to the Australian Qualifications Framework (AQF). The certification is a stepping stone for graduates to either further their studies or to enter the Australian workforce. It allows students to pursue their studies at most universities in Australia up to degree level. It is also a required certification for a Professional Chef in Australia. With just four additional modules to be taken alongside their Diploma studies,

Cilantro Culinary Academy is the only private vocational pastry and culinary academy in Malaysia who is offering one diploma programme with a total of 5 qualifications from 4 different countries to create a gateway of opportunities worldwide for students. It helps Cilantro's graduate to gain the upper hand in the increasingly competitive industry of Food & Beverages.

## WHEN DID THE SCHOOL APPLY FOR THE WACS CERTIFICATION PROGRAMME?

Cilantro Culinary Academy applied for the WACS certification programme in year 2011. It was recommended by Cilantro's affiliation partner - City and Guild of London Institute U.K. Cilantro Culinary Academy always trains their students to an expectation level. By applying this WACS certification, it will give the parents and students the added assurance that their children are educated at a vocational academy that meets the Worldchefs standard for quality culinary education.

## WHAT IMPACT HAVE YOU SEEN/ OR DO YOU HOPE TO SEE?

Cilantro Culinary Academy is the first vocational culinary and



pastry academy in Malaysia to receive the WACS Quality Culinary Education Award for the consistent delivery of quality culinary education to its constituents.

With this WACS global recognition, it is the best assurance that Cilantro Culinary Academy provides high standards of quality culinary educations to students.

#### **WHAT, IN YOUR OPINION, IS THE MOST IMPORTANT THING IN CULINARY EDUCATION AND WHY?**

Culinary and pastry education is indispensable to a young chef who really wants to make a career in culinary and pastry fields. With a formal culinary and pastry training, they will gain the fundamentals and all the necessary hands-on training that will prepare them for entry-level positions such as cook, sous chef, caterer and etc. Graduates will be a professional ready to approach any culinary and pastry task with ease. Therefore, it is very important to choose a right culinary school as these will be the essentials for a chef to success in the culinary and pastry landscape.

#### **WHAT ARE YOUR PLANS FOR THE FUTURE?**

We wish to make our programmes available for more people around the world.

## **THE MISSION AND VISION OF CILANTRO CULINARY ACADEMY**

#### **VISION:**

To be one of the leading academies creating lines of quality Chefs in the industry.

#### **MISSION:**

To impart knowledge and inspire students to be the best they can be in the culinary arena.

To pursue artistic visions and encourage creativity, be it amongst students, instructors or staff.

To constantly produce new talents within the industry, update culinary skills and set new trends to stay competitive in the market.

MORE INFORMATION ON [WWW.CILANTRO.EDU.MY](http://WWW.CILANTRO.EDU.MY)



## ON THE HOT SEAT **RICK STEPHEN**

Young chefs from the Singapore Junior Chefs Club quiz Rick Stephen, Asia Continental Director and Competitions Committee, on his plans for the Global Chef Challenge (GCC), what to expect in Greece and his plans for Asia.

**WHAT HAS BEEN THE GREATEST CHALLENGE SINCE YOU TOOK ON ROLE OF ASIAN CONTINENTAL DIRECTOR?**

Asia is the most dynamic and diverse region for the world. The biggest challenge is for the other continents to understand that Asia is not like the other continents. Asia tends to be stereotyped. We don't stereotype Europe (we say Italian, French, German cuisine), but it took time to let the rest of the world understand that there is that same diversity here. We have Japanese, Thai, Vietnamese, Sichuan, Cantonese....even the levels and types of spiciness are completely different.

**WITH SO MANY CUISINES, WHAT POTENTIAL DO YOU THINK ASIA HAS AS A CULINARY HUB?**

We are already a hub ,not only for Asian cuisine but because of colonisation in the past, also for European cuisine. For example, you find good French food in Japan, and Portuguese in Macau. In Asia, we open our minds to all types of cuisines – in the previous Bocuse d'Or competitions, Japan and Singapore have been well-placed, in part because of the Asian and Western influences.

**WHAT IS YOUR PLAN FOR THE NEXT 2 YEARS AS ASIA CONTINENTAL DIRECTOR?**

I have been looking at working on platforms such as the Asia Presidents Forum, so chefs can have the opportunities to bond more. We are also working on how we can get the Chinese accreditation for the Worldchefs Global Certification programme accepted worldwide. I'd also like to see more exchange programmes for chefs so there are more learning experiences.

**YOU HAVE BEEN INVOLVED IN ALL THE GLOBAL CHEF CHALLENGES, SINCE THE FIRST ONE IN DUBAI ABOUT TEN YEARS AGO. HOW, IN YOUR OPINION, HAS THE COMPETITION PROGRESSED?**

To be honest, we were stagnating for a while. However, we now have this new concept that the culinary committee and the Worldchefs board has endorsed. So I believe the next one will be exciting. The top 15 teams in IKA and World Cup will get an invitation automatically to compete in the Global Chef Challenges. There will be 5 wild cards: 1 for the defending champion, 1 for the host country. The remaining 3 will be offered to a country that may usually not have the opportunity to compete in the finals (but is willing to train), such as Vanuatu or Myanmar, at the discretion of the Continental Directors.

We will do the same for the Hans Bueschkens and Global Pastry Challenges, only there will be 9 top teams and one wild card for the host country. The reason behind changing this concept is that it can be an expensive affair for each country to finance their team for the competition. It helps to be more viable, also it has 20 teams instead of just seven for the Global Chef Challenges. In the end, we are chefs and we want to see chefs prepare different creations at a competition so we can learn from one another.

**HOW WILL YOU INTRODUCE THE GCC TO SOMEONE WHO IS NOT FAMILIAR WITH IT?**

This is a competition where you must cook with provided ingredients so everyone has a level playing field. It is really about cooking.

**WHAT IS YOUR PROUDEST ACHIEVEMENT THUS FAR, HAVING WORKED ON THE COMPETITIONS AS PART OF THE COMPETITIONS COMMITTEE?**

That we have achieved a common standard in competition judging, and that there is now a common standard between Worldchefs endorsed competitions. So now, if you win a gold medal in a competition in Hong Kong, it is the same standard of a gold medal in New Zealand. The majority of the credible competitions in Asia are also Worldchefs endorsed by now, which means they use Worldchefs competition rules and regulations.

**WHY SHOULD CHEFS PARTICIPATE IN COMPETITIONS?**

It helps you to think on your feet, and to always think of contingencies, to increase your speed, to increase your hygiene and awareness of what's around you, and to pick the brains of the people you compete against, which is training on its own. Competition is always about doing better than the last one. It could be if you cook a better steak today than yesterday; it's about doing your personal best. At the end of the day, we are always in competition – to have more customers and better food. My fondest memories are seeing the tears of joy from competitors and watching how they progress from this point.

**WHERE DO YOU HOPE TO SEE THE GLOBAL CHEF CHALLENGE IN THE NEXT 5 YEARS?**

One of the most famous individual competitions was not famous until they globalized it and received international media attention. GCC can be the same if we place the equal emphasis on it.

I believe Greece will make an impact. We are putting in place micro events such as stand-up breakfast with Presidents of associations, judges and sponsors in the morning to welcome the competitors and to warm up the crowd. It is an achievement in itself to represent your country, and to bear the flag during the walk-in is a very personal, emotional experience that we should build on.

**WHAT IS YOUR ADVICE TO ASPIRING COMPETITION CHEFS?**

Aim to compete, compete to learn, learn to expand your repertoire. Don't be afraid of mistakes and failures, good things have come from mistakes.

**AND TO YOUNG CHEFS?**

They need to understand the basics. Many tend to want to run before they can walk want. They need to understand the basics, such as how to make a nice jus and a basic sauce. Paul Bocuse is credited of creating 8 original signature dishes – the rest have been created before. They also need to understand the time they need to dedicate to the profession; if you want to be a hamburger cook, make sure you are the best hamburger cook in the world. Don't compromise on your standards – you cook the best you can with the best you have. Even if you have the best meat for the pantry patty, it's not going to cook by itself, right?

Young chefs will also do well to be open minded as too many have blinkers on. Don't get into a rut and be scared to move into unfamiliar territories. If you are a hot cooking chef who works in a hotel with a good pastry kitchen, why not take the chance to learn from the pastry kitchen meanwhile?

**IF YOU ARE GIVEN A CHANCE TO CHOOSE A PROFESSION OTHER THAN A CHEF, WHAT WOULD IT BE?**

Cooking has been in my blood for 3 generations – my son is now a chef so that makes it 4 generations. But I have always been a sports enthusiast, so I could be a sports instructor.

# GOING GLOBAL

The Global Chef Challenges have been creating culinary waves, one continent at a time! Young chefs at the Hans Bueschkens Young Chefs Competition, professional chefs at Global Chef Challenge and pastry chefs at the Global Pastry Chef Challenge have been relentlessly setting the bar for competition standards from the Pacific to Europe. We take you through the sizzling action through this pictorial and winning recipes.



# 50°C STERLING HALIBUT WITH KAISO SEAWEED WASABI-O SHEET AND SOUSED BLACK RADISH

Nori Crumbed Scottish Salmon | Pan-Seared Scallop Mousse | Yuzu Apple Ravigote | Citrus Wasabi Vinaigrette

Presented by **Lee Boon Seng** – Winner Global Chefs Challenge Asia

Serve 6



## 50°C STERLING HALIBUT WITH KAISO SEAWEED WASABI-O SHEET AND SOUSED BLACK RADISH

2 loin Sterling halibut, fillet & brine

160gm Salt fine

40gm Sugar white

2lt Water

40gm Wasabi-O green kaiso sheet

1 sheet Soused black radish Mat

2gm Activate

1gm Purple shiso

1gm Green shiso

1gm Chrysanthemum

Combine water, salt and sugar and whisk until salt and sugar dissolve. Place halibut fillet in brine solution for 30 minutes, remove and pat dry. Spread cling warp on table and place one halibut loin, place kaiso wasabi sheet on center and sprinkler activate on the meat. Place another halibut loin like sandwich, rollup the cling wrap tightly. Place halibut into combi oven at 50°C steam for 15 minutes. Remove the cling warp and pat dry. On the black radish sheet, sprinkle with chrysanthemum, purple and green shiso. Warp the cooked halibut with soused black radish and place halibut into combi oven at 50°C steam for another 5 minutes. Serve 40gm per portion.

### KAISO SEAWEED WASABI-O SHEET

70gm Red kaiso seaweed

50ml Water

80ml Apple cider vinegar

20gm Sugar white

2gm Metil, texturas

1gm Agar, textura

30gm Wasabi paste, Wasabi-O

Combine all ingredients except metil and wasabi and bring to boil by half in a sauce pot. Add in metil and blend it with hand blender until fine paste. Continue to add in metil and wasabi-o paste and cook for another 1 minute. Spread the kaiso paste onto the 2cm x 25cm stencil.

### SOUSED BLACK RADISH MAT

100gm Black radish, washed & sliced

40ml Citrus Wasabi Vinaigrette

Slice black radish in round with skin on, spread cling wrap on table and arrange the sliced black radish. Brush citrus wasabi vinaigrette onto the black radish and let it pickle for 10 minutes.

### CITRUS WASABI VINAIGRETTE

20ml Wasabi sauce, Wasabi-O

60ml Yuzu juice, fresh

1no Yuzu zest

20ml Lime juice

30ml Sugar white

28ml Rice vinegar  
20ml Olive oil, santagata  
4gm Sea salt  
0.4gm White peppercorn, milled

In a mixing bowl, combine all the ingredients whisk until amalgamated.

### NORI CRUMBED SCOTTISH SALMON

100ml Shiro shoyu  
40gm Sugar white  
1 loin Scottish salmon, filled & trimmed  
130gm Nori crumble

In a mixing bowl, combine shiro shoyu and sugar to make a curing solution. Place trimmed salmon loin into a vacuum bag with curing solution and vacuum it tightly. Let it cure for 30 minutes. Pre-heat combi oven at 38°C steam-mode, spread cling wrap into table and roll the cured salmon tightly. Place salmon into the pre-heat oven and steam for 25 minutes. Once cooked, transfer it to an ice bath. Patdry the cooked salmon and coat with egg white and coat with nori crumble. Deep friend at 180°C for 30 second. Rest and cut a reserve portion.

### NORI CRUMB

20gm Nori powder  
80gm Bread crumb  
0.5gm Salt fine  
30gm Trisol, texturas

Combine all the ingredients together in a thermomix and blend until fine.

### SPICED SCALLOP

50gm Dried scallop  
3gm Fennel seed, powdered  
5gm Coriander seed, powdered  
3gm Sugar white

Combine all the ingredients together in a thermomix and blend it until a crumbly texture is achieved.

### PAN-SEARED SCALLOP MOUSSE

175gm Scallop, shelled & cleaned  
175ml Cream, Fonterra  
15ml Noilly prat  
22gm Wakame seaweed  
2.5gm Salt fine  
1gm White peppercorn, milled  
50gm Spiced scallop  
10ml Egg White

Dry the scallop meat on the paper towel to absorb excess water. Blend the scallop in a food processor until fine paste. Slowly pour in the cream until a smooth mousse consistency is achieved. Continue to add in noilly prat, salt and pepper and blitz until well combined. Transfer the scallop mousse in a mixing bowl, fold in the seaweed. Transfer the mixture into piping bag and pipe mixture into a metal ring mould. Steam at 60°C for 20 minutes. Un-mould the scallop mousse and chilled it in a fridge. Brush egg white onto cooked scallop mousse top and bottom, crumb with spiced scallop and pan friend top and bottom until crispy. Place scallop into oven at 60°C bake for 2 minutes.

### YUZU APPLE RAVIGOTE

70ml Yuzu juice, fresh  
1 nos Yuzu zest  
10gm Sugar white  
10ml Shiro shoyu  
70ml Olive oil, santagata  
0.5gm Sea salt  
0.3gm Peppercorn, milled  
4gm Emulsifying paste, sosa  
0.3gm Xantana, texturas  
12gm Salmon roe  
12gm Green apple, peeled & diced  
6gm Fingerlime, seeded  
6gm Chive, chopped

Combine all ingredients except salmon roe, fingerlime, apple and chive. Using hand blender to blend it until becomes dressing. Place in the rest of the garnish.

### GARNISH

6gm Salicornia  
3gm Red vine sorrel  
6gm Red radish, sliced  
12gm Ice salad

# NEW ZEALAND SALMON ROULADE MISO CURED BELLY, SCALLOP AND SHICHIMI SPICE

Pan Roasted Halibut, Apple-Rose Scallop Ceviche, Fennel and Sea Herbs | Wasabi rice cracker, Yuzu Dressing.

Presented by **Matt Weller** – Winner Global Chefs Challenge Pacific Rim



## MISO AND WHITE SOY CURED SALMON BELLY

5gr White Miso Paste  
25ml White Soy Sauce  
1gr Sea Salt  
10ml Water

Using a Blue coloured chopping board and a sharp knife, carefully remove the skin and membrane from the salmon belly and cut the belly into a fine dice. Place the Salmon belly into a small container, cover and reserve until needed. Place the other ingredients into a small mixing bowl and bring together with a whisk until combined. Generously mix the diced salmon belly into the cure, cover and allow to cure in the refrigerator for 15 minutes. With a slotted spoon, remove the belly from the cure and reserve until needed.

## SALMON ROULADE

100gr New Zealand Salmon  
80gr Scottish Scallops  
17ml Anchor Cooking Cream  
2gr Shichimi Spice  
20gr Diced Miso Cured Belly (Recipe Above)  
15gr Salt  
375ml Water  
7.5gr Icing Sugar  
1 Konbu Sheets

Preheat an emersion circulator and water bath to 43°C. In a small container, add the water, icing sugar, salt and mix until dissolved. Using a Blue chopping board, trim the shoulder loin off the Salmon fillet. Add the trimmed Salmon loin to the brine, cover and allow to cure in the refrigerator for 20 minutes. Place the Scallops into a small hand held blender and blend until coarsely chopped. Add the cream and blend until smooth. Pass the scallop mousse through a fine drum sieve over a double iced mixing bowl. Add the diced miso cured belly, mix until combined, check seasoning and place the mousseline mixture into a piping bag. Remove the salmon loin from the brine and pat dry. Lay out the konbu sheet and place the salmon onto the sheet and then pipe the scallop mousseline a roll to form a roulade. Wrap well with cling film and place in a water bath at 43°C for 25 minutes. Remove and place into an ice bath and chill. When completely chilled, portion ready for service and reserve refrigerated.

## PAN ROASTED HALIBUT

120gr Sterling Halibut  
375ml Water  
15gr Salt  
7.5gr Icing Sugar

In a small container, combine the water, salt, icing sugar and mix well. Portion the Halibut into 6 even portions. Place the Halibut portions into the brine and allow to cure for 20 minutes. Remove the Halibut from the brine and pat dry. Place the Halibut into a suitable container, cover and reserve refrigerated until needed.

## YUZU DRESSING

100ml Yuzu Juice  
80ml Orange Juice  
60ml Extra Virgin Olive Oil  
1gr Sea Salt  
5gr Xantham Gum

In a small cylinder shaped container, place the yuzu juice, orange juice, sea salt and blend with a small hand held blender until combined. Slowly drizzle in the mandarin extra virgin olive oil while blending. Add the xantham gum and continue to blend until the mixture is thickened and emulsified. Place the yuzu dressing into a small container, cover, and reserve refrigerated until needed.

## WASABI MAYONNAISE

50gr Kewpie Mayonnaise  
6gr Wasabi O Paste  
1gr Sea Salt  
5ml Herb Oil

In a small mixing bowl, place the kewpie mayonnaise, wasabi o paste and whisk until combined. Slowly add the Herb Oil and whisk until combined. Season the mayonnaise with the salt. Place the wasabi mayonnaise into a small squeeze bottle and reserve refrigerated until needed.

## RICE CRACKER

1 Rice Paper  
4gr Yuzu Glitter  
1gr Wasabi Salt

Preheat a deep fryer to 180°C. In a small bowl, combine the Yuzu Glitter, and Wasabi salt. Place the rice paper into the fryer and cook for 2 minutes each side until puffed and crisp. Season the rice crackers with the Yuzu and Wasabi dust. Break the rice crackers into even sized free form shapes. Reserve at room temperature until needed.

## APPLE ROSE SCALLOP CEVICHE

2 Scottish Scallops  
20ml Apple Rose Vinegar  
1 Eshallots  
20ml Sesame Oil  
2gr Sea Salt

Using a knife cut the shallots into a fine bruinoise. In a small mixing bowl, place the apple rose vinegar, shallot bruinoise, sesame oil sea salt and combine with a whisk. Place the ceviche dressing into a suitable container and reserve refrigerated until needed. Using a blue coloured chopping board, slice the scallops in half horizontally to yield 6 round pieces. Place the scallop slices into a suitable container and reserve refrigerated until needed.

## BABY FENNEL SALAD

14 Pencil Fennel  
30ml Lemon Juice  
30ml Chardonnay Vinegar  
2gr Caster Sugar  
1gr Sea Salt  
100ml Olive Oil

In a medium sized mixing bowl, add the lemon juice, chardonnay vinegar, sugar, salt and whisk until combined. Trim the stalks off 12 of the pencil fennel. Using a knife, thinly slice the 12 fennel bulbs so that the fennel slices resemble a v shape. Add the sliced fennel to the marinade, mix well, transfer into a suitable container, cover and reserve in the refrigerator until needed. With the two remaining pencil fennel, using a mandolin, thinly slice the fennel length ways starting at the core end and store in a container with enough iced water to cover the slices. Reserve refrigerated until needed.

## GARNISH

6 Micro Radishes  
1 Watermelon Radishes  
24 Fennel Fronds  
6 Sea Bananas  
6 Baby Samphire

# SALMON CONFIT WITH HAZELNUT SAUCE AND TOASTED CHOPPED LIME

Terrine of Halibut in Soy Leaf with Fennel Sauce, Green Vegetable Jelly and Wasabi with Scallop Tartare and Lemon Air

Presented by **Christian Spagnoli** – Winner Global Chefs Challenge Europe South



## TERRINE OF CENTRIFUGED CUCUMBERS AND WASABI

120 g cucumber  
40 g green celery  
80 g green apple  
40 g fresh peas  
40 g fennel  
2 g ascorbic acid  
4 g lemon juice  
6 g wasabi  
6 g sosa vegetable gelatine  
10 g gin

Centrifuge and bring to a boil, add the gelatine and the cucumber osmositized with gin.

## PICKLING FOR VEGETABLES

25 g white balsamic vinegar  
25 g white caster sugar  
5 g acacia honey  
1 sprig of thyme  
¼ shallot

Boil, allow to cool, and plunge the vegetables.

VEGETABLES: Salicornia, Salty fingers, Rainbow turnip and Light salad

## OSMOSITIZED SCALLOP TARTARE

Beat the scallops (no coral) and osmositize them in a bowl with 15 g of Pantelleria straw wine, salt, pepper and extra virgin olive oil. Arrange in flexipan with a diameter of 3 cm; carefully smooth and blast chill below zero. Turn out into a terrine of cucumbers, decorate with 3 g of flying fish roe with wasabi and lime air.

## LEMON AIR

75 g lemon juice  
50 g water  
9 g lecithin  
Mix on the surface to generate foam with aerator

## SALMON CONFIT IN EXTRA VIRGIN OLIVE OIL

220 g fresh salmon  
100 g smoked salt  
100 g coarse salt  
5 g fennel pollen  
500 ml extra virgin olive oil

Mix salt and herbs, marinate the salmon for 16 min, wash, dry, roll up in tissue paper and portion. Steam at 58°C with inner temperature of 36°C.

## TERRINE OF HALIBUT WITH SCALLOP CORAL AND SALMON FILLING IN A SOY LEAF

200 g fillet of halibut  
1 g smoked salt  
20 g guanciale (cured meat from pork cheek)  
25 g salmon  
10 g green asparagus  
20 g scallop coral  
1 g soy leaf  
1 g protein glue

Flatten the halibut and season with smoked salt and protein glue; add the with pork cheek, a filet of salmon, the coral of the scallops and mashed asparagus. Roll up tightly and wrap in the green soy leaf. Bake in roner at a temperature of 60 °C with inner temperature of 36°C.

## FENNEL SAUCE

100 g fennel  
2 g salt  
500 g water  
2 g dill  
Boil and blend with cooking water; keep warm.

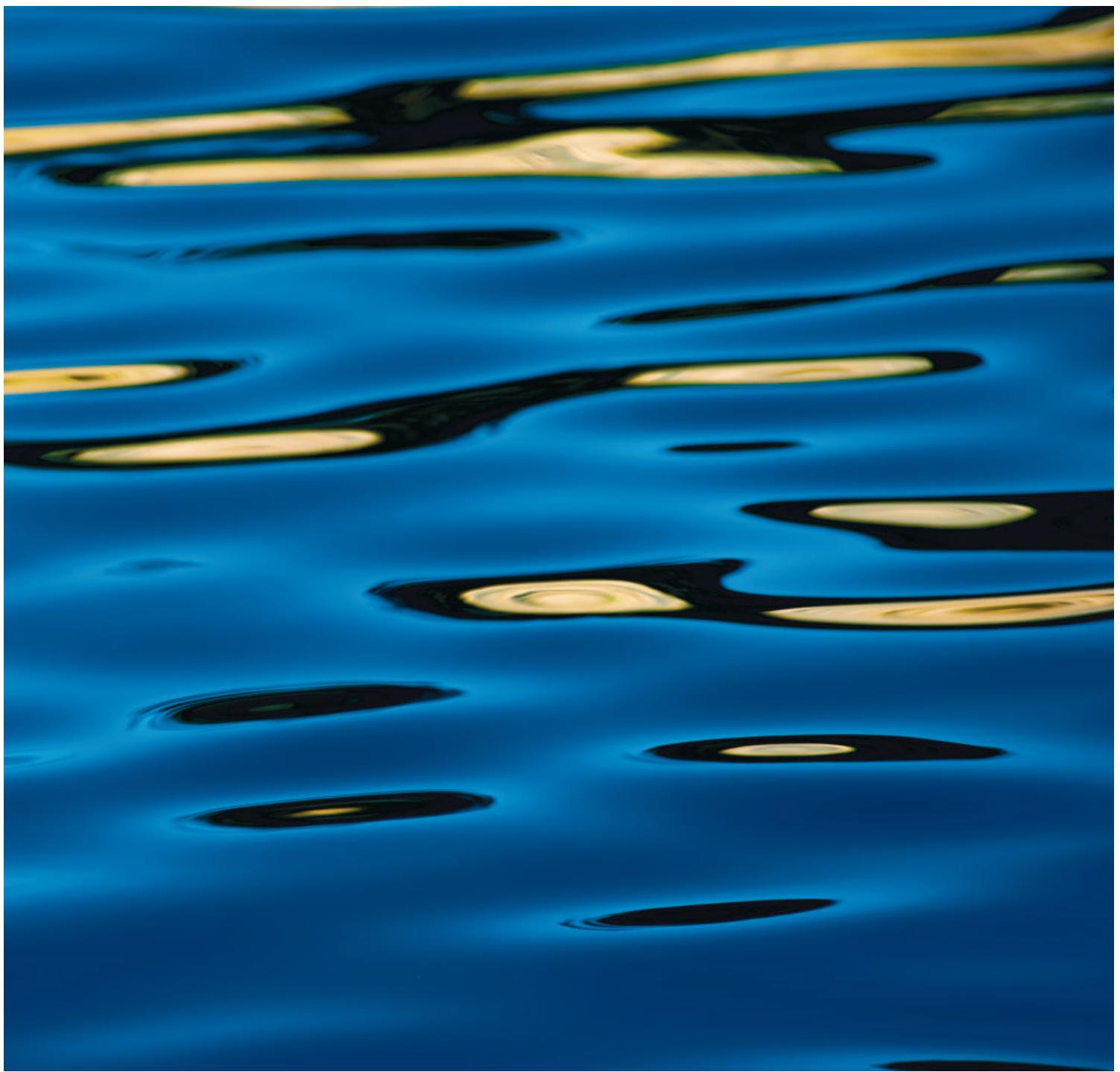
## HAZELNUT SAUCE

Ingredients:  
100 g Piedmont hazelnuts  
150 g single cream  
50 g yellow potatoes  
50 g butter  
1 g table salt  
Knead in hotmix at 90°C for 20 minutes and blend; sieve.

Sterling White Halibut pioneered farming of halibut and are today the worlds largest producer. We provide farmed halibut from the cold, crystal clear Norwegian fjords, for use in both classic and modern restaurant kitchens.

Sterling White Halibut is in charge through the entire value chain from brood-stock to the final customer. In addition our popular Sterling Academy gives the necessary education and support the professional kitchen needs.

The Sterling White Halibut brand is your guarantee of safe, pristine, first class fish, and is found on the menus of many of the best chefs in the world.



# IN&OUT OF THE KITCHEN



## DILMAH TEA REVOLUTION

After 8 years of selection across 14 countries, the Dilmah Real High Tea Challenge held its finals in Colombo, Sri Lanka. Laurent Loudeac & Camille Furminie from Museum Art Hotel New Zealand emerged as the winners of the Dilmah Real High Tea Global Challenge. Featuring the theme 'The Meeting of the Senses', their innovative use of tea arousing the senses of sight, smell, taste, touch and sound made them the obvious choice. The first course: Silver Jubilee Ceylon Ginger, Honey & Mint tea consommé, Confit duck leg tortellini astounded the judges with its subtlety of flavour while the second course the palate cleanser with the Silver Jubilee aromatic Earl Grey Tea set the stage for the next course - the Vivid Gentle Minty Green Tea with Clevedon Buffalo milk Feta Espuma, macadamia nougatine and fresh cucumber. The duo was daring in their presentation - a traditional Crepe Suzette with Silver Jubilee Almond infused Ceylon Pekoe Digestive. The competition was judged by a panel of prestigious judges Bernd Uber – recipient of the exclusive and revered Sidney Taylor Memorial Black Hat Award, Dilhan C. Fernando – Director Dilmah School of Tea and the visionary force of Dilmah Tea Gastronomy, Simon Gault - MasterChef New Zealand judge and Peter Kuruvita – Award winning Chef and Restaurateur. To view the rest of the competition action and dishes, visit [www.realhightea.dilmahtea.com](http://www.realhightea.dilmahtea.com)



### DAIRY HEAVYWEIGHT

Congratulations to Fonterra Australia for taking home a whopping 76 awards from the 2015 Dairy Industry Association of Australia (DIAA) Australian Dairy Product Awards! Brands picking up prizes include Western Star butter, Perfect Italiano cheese and Tamar Valley yoghurt. The competition is hosted annually by DIAA and acts as a gateway to the Australian Grand Dairy Awards. The competition is based on the entries' technical merit and is judged by industry experts selected for their specific dairy product knowledge. Fonterra's foodservice products also faired exceptionally well, with the Stanhope site taking home gold in cheddar cheese varieties, and Cobden receiving the highest scoring salted butter of the competition.

Fonterra General Manager of Manufacturing Operations Rob Howell said he is thrilled with the 12 gold and 64 silver titles pocketed by various Fonterra sites. He says, "It's fantastic that our skilled teams can be recognised for the quality dairy they produce."

### A NEW COFFEE EXPERIENCE

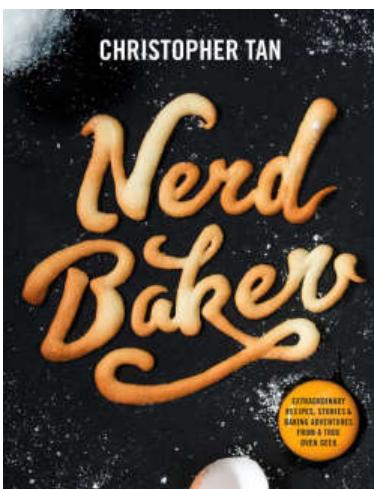
"The new coffee cups from Figgjo completely change the coffee experience. By using the three different cups I am able to emphasize each individual coffee's unique flavors and intensify my guests taste experience," Says Tim Wendelboe, former winner of the World Barista Championship, who has collaborated on this Figgjo Oslo range. The range Figgjo Oslo consists of a pot and three special cups, which enhances the taste experience in different ways. If you don't believe that Figgjo Oslo does for coffee what tailored glass has done for wines, there's only one thing for you to do- have a taste and be convinced!



### CUTTING EDGE SPIRIT

Here's a must for the Asian kitchen – the new additions of the Yanagiba and the Tanto to the Red Spirit series by Friedr. Dick. The Red Spirit Series, inspired by Asian craftsmanship, was produced with German precision and traditional manufacturing methods using state of the art production technology. Its name comes from the shape of the blade, which is inspired by the fine leaves of the willow tree - called Yanagi in Japanese. The one-sided edge and the special geometrical cutting edge give the knife its outstanding sharpness. The Tanto is the Japanese name for a short sword, which originates from traditional Asian and Japanese martial arts. Friedr. Dick has expanded upon the unique shape of the blade enhancing even further developments to the characteristics of this style of knife. The result is an extraordinary knife for cutting meat and vegetables – and has been nominated for the German Design Award 2016!

## IN&OUT OF THE KITCHEN



### A BAKER'S READ

Here's one for the bakers: award-winning writer (author of 10 cookbooks!) and culinary instructor Christopher Tan launches a memoir-cookbook, filled with his signature ideas, experiences and photographs. *NerdBaker: Extraordinary Recipes, Stories & Baking Adventures from a True Oven Geek* offers recipes of over 60 breads, cakes, cookies and dishes inspired by Christopher's colourful life, travels around the world and endless fixations from his career as a food writer, self-taught baker and cooking instructor. Geek out with him over 'intelligent' black rice cake, homemade Pocky, the tangled histories of puff pastry—from Teochew mooncakes to Malay curry puffs. He's also shared his insights on how to bake classic Hainanese-style hot rolls, crispy buttermilk masala chicken, doughnuts as big as your face and the world's first Banhmiclair. As Fuchsia Dunlop, award-winning author of *Every Grain of Rice Simple Chinese Home Cooking* and consultant to London's Barshu restaurant shared, "I hadn't expected a baking book to make me laugh out loud, but NerdBaker did—often. Filled with devilish wit, dazzling images and lucid recipes, the book is a delightful gallimaufry of culinary inspirations from all over the globe."



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# SIX STEPS TO GREAT COFFEE

Coffee offers you one last opportunity to wow diners at the end of a great meal, but get it wrong and you risk leaving your customers with a bad taste in their mouths. David Veal, Executive Director of the Speciality Coffee Association of Europe (SCAE), offers six top tips for creating a quality and profitable coffee offering.

This June SCAE is returning to the roots of speciality coffee in Europe when we will host our annual event, World of Coffee, in the beautiful Swedish port of Gothenburg.

The Nordic World of Coffee 2015, sponsored by BWT water+more, will be a homecoming for the European coffee community, bringing coffee aficionados from around the world to the Nordic region, home to the biggest consumers of coffee on the planet and the location of where speciality coffee first began its entry into Europe.

With such a proud coffee heritage it is little wonder that the Nordic countries are at the cutting-edge of coffee, boasting some of the most innovative coffee emporiums and talented coffee professionals in the world. When over 5,000 visitors arrive in Gothenburg from more than 100 countries for the Nordic World of Coffee during Sweden's famous Midsummer Week (16-18 June), they will be able to learn at first hand what it takes to create a highly valued and profitable coffee business.

## BIG BUSINESS, POWERFUL FLAVOURS

As the second most traded commodity on the planet, coffee is big business and for those of us who work in the industry and are passionate about it, it is a truly wondrous beverage, brimming with kaleidescope of flavours and rich aromas. As a product, it doesn't just provide you with valuable sales and profit, it also offers you a

great opportunity to showcase your creativity and serve memorable flavours that complement your cuisine.

Sadly, some hospitality operators have not realised coffee's commercial and creative potential. All too often a great meal is ruined by a bitter espresso or a badly brewed filter coffee. The good news, however, is that quality coffee is easily achievable.

## HERE ARE SCAE'S FIVE TOP TIPS FOR IMPROVING YOUR COFFEE OFFERING:

### RESEARCH AND EDUCATE

Millions of people around the world drink coffee every day but many do not understand its complexities – how different roasting, grinding and brewing techniques can influence its taste and how you can manipulate coffee just like any other ingredient in your kitchen to create a variety of flavours.

At SCAE we are dedicated to 'Inspiring Coffee Excellence' and we offer a wide range of tools to help you understand coffee and improve your offering, from our world-renowned Coffee Diploma System which educates foodservice and coffee professionals from entry level up to senior management, to coffee research and practical 'how to' guides.



Our one-day 'Introduction to Coffee' module is a great place for chefs and front-of-house teams to start – it will bring you on the journey of coffee, from bean to cup. Other modules, including Green Coffee, Sensory Skills, Roasting, Brewing and Barista Skills, delve deeper and teach you how to craft exceptional coffee and focus on how to grow your coffee business. Visit us at [scae.com/training-and-education](http://scae.com/training-and-education) for more details.

### GRIND AND BREW FRESHLY

Coffee, like all natural ingredients, is best when fresh. The better the quality of the beans, and the fresher the grind and brew, the better the taste will be for the customer.

Your grinder is your best friend and one of the most important pieces of equipment in your kitchen. Grinding the beans freshly for each cup makes a huge difference to the taste and flavour of the end product. Try it for yourself – you'll immediately see the difference in taste and aroma from coffee which has been ground fresh to order and coffee which has been ground at an earlier time and set aside. The taste of your coffee will be further enhanced if you can clean your grinder blades every day and change them regularly. Your coffee supplier will be able to advise how to do this.

At World of Coffee this June, SCAE is hosting the largest gathering of coffee farmers and producers in Europe, providing you with a valuable opportunity to learn about fresh coffee directly from those who grow it in a series of networking events, cuppings (coffee tastings) and discussions. The world's most innovative coffee equipment suppliers are also exhibiting at the event, offering you the chance to test some of the best equipment on the market including those all-important grinders.

### FIND THE RIGHT EQUIPMENT FOR YOUR BUSINESS

A finely-tuned espresso machine is a thing of beauty and an essential piece of equipment for high-volume cafés and speciality coffee shops, but not every foodservice business has the budget or the footfall to justify a top-of-the range machine.

The good news is that filter coffee is back in vogue (in truth, for coffee purists it never went out of fashion) and its growing popularity is great for those wanting to provide quality coffee on a tighter budget. Filter coffee is a big hit with discerning coffee lovers as it allows you to taste the full flavour of the coffee which can sometimes be lost in milk-based drinks. You can learn all about different brew methods, from the straight forward pour-over machine to a v60 hand-brewed coffee, in our Coffee Diploma System Brewing module and quality speciality coffee suppliers will also be able to provide helpful training and advice. Look for suppliers who are members of SCAE – this means that they are dedicated to supporting the industry with education and training.

### MIND YOUR EQUIPMENT

Remember the old adage 'prevention is better than cure'? Keep your equipment in top condition by undertaking regular cleaning and maintenance. It will prolong the lifecycle of your machinery and help avoid costly and stressful breakdowns during busy service. When sourcing new machinery check the service contract – having maintenance support on speed-dial is worth its weight in speciality coffee!

### KEEP AN EYE ON YOUR GPM

Coffee can offer great gross profit margins, but you need to tailor your offering to suit your clientele and keep a close eye on the bottom line. For instance, while a hand-brewed v60 coffee will wow discerning coffee lovers it is not always practical during peak service in high-volume catering establishments.

Work with your suppliers to find the right coffee offering to suit your business – the best solution will be one that allows for good turnover and provides strong margins while still maintaining quality. To help you achieve this, you should insist that your supplier provides full and frequent training for your staff.

### DON'T FORGET ABOUT WATER

A cup of coffee is made mainly with water – in fact, water accounts for almost 99% of the content – but this is often overlooked in the creation process. A critical piece of equipment that you should have, therefore, is a water filtration system. Not only will it protect your other equipment from scaling (coffee machine, boilers, brewers and kettles) but you will also notice a huge improvement in the flavour of your coffee. Once you have installed your water filter, ensure that you replace the filters regularly, as per the manufacturers specifications.

By implementing these six simple steps you will make a substantial difference to the quality of your coffee. Remember, speciality coffee is highly valued and offers plenty of scope for creativity so fire your customers imagination with an exciting coffee menu that provides good sales potential.

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**David Veal** is Executive Director of the Speciality Coffee Association of Europe, the non-profit membership association for the speciality coffee industry which represents the interests of 3,000 members in 90 countries around the world. With 30 National Chapters actively engaged in promoting coffee excellence at ground level, SCAE represents the heart of the coffee community. To learn more about SCAE, please visit [www.scae.com](http://www.scae.com).



## **STREET FOOD – STREET SMART OR CLINICAL?**

Celebrity Chef Michael Swamy muses about the dilemma about the direction of street food.

Be it a journey through the by lanes of famous cities or trudging through the hills and countryside of countries far and wide, one often faces sudden pangs of hunger. These hunger pangs come upon us unexpectedly and often are only satiated by (or rather, succumb to) the delicious-spicy-health-or-unhealthy street food that beckons from every possible street. However, of late, increased awareness about food and hygiene and a growth in the number of new age diseases with unknown causes have given rise to a fear of street food among many.

Stories are abounding of the unhygienic way in the preparation of street foods, their storage and service – and the resultant discomfort and sickness it causes to anyone who samples them. In India, particularly, we all go into a cautious overdrive of preventing the temptation to gorge on some spicy chaat when the monsoon atmosphere makes us want to eat just that. It's not safe we all know and yet, we have each and every one of us eating at a street side kiosk. The past decade has seen some positive changes in the hygiene scene by way of vendors using gloves and mineral water, but the overall situation is still sub-standard.

For me, the ideal scenario is the one I witnessed in Singapore where the street food has gone so clinical and pristine that one doesn't hesitate to eat out at all. The vendors take their profession seriously and follow each one of the innumerable guidelines set up by the food bureau there. However, this is not Singapore and with most of our population earning a meager income, the current street food scenario does not look like it'll change much – unless drastic measures are taken. Some were taken at places like Juhu beach, where cleanliness has become a norm but then, this change has

obviously come at a cost to the consumer – making these snacks costlier. Though this does not matter much to most of us, I'm sure it makes a difference to the scores of people for whom street food is their source of survival.

For those who are extremely conscious of hygiene and don't mind churning out money, there's some good news. With fine dining restaurants introducing street food by way of special season menus and food festivals, these delicious treats can now be enjoyed in completely hygienic conditions without any fear or guilt. Many chefs have been experimenting with street food – some have even tried breaking out of the mould and tried applying molecular gastronomy and progressive Indian touches to it – however, despite the comfort of a clean kitchen and promise of gourmet, something seems amiss. Despite all the gloss, what these restaurants cannot bring within their premises is the atmosphere that surrounds street food – even though great pains are taken to authenticate the experience through suitable décor and props.

The chai wallah who strains the tea through cloth or the bhel wallah who works without a recipe and still manages to make the bhel taste exactly the same every time... they bring you something you can't quite put into words. No matter how much chefs try, they somehow are never able to match that particular masala flavor of the chai or the perfect balance of lip-smacking tangy-spicy-sweet that street vendors seem to achieve so effortlessly. No matter how far a restaurant goes, it somehow isn't able to match the magic of eating a steaming spicy wada pav on a rainy evening or hot chai and bhajias from the vendor on a balmy night.

How do you bring a balance between the two? It's not that easy, for yes we love eating street food in restaurants to get away from the unhygienic conditions outside, but yet it's the messiness of it all that attracts us to street food. One can extol the virtues of fine food and fine tea but love it, hate it, you can't ignore or forget the simple pleasures that street food provide. The only solution I can think of is employing that very corner chaat wallah and providing him with a clean set-up from where to function – something the Government can help with. And it's neither impossible, nor is it far-fetched.

A few years ago, many Zunka Bhakar Kendras had sprouted across Mumbai. Many vendors who earlier served food from carts were given clean kiosks to operate from and the experiment was quite a success to some extent. Yes, many problems did crop up and in many places the plan did not succeed completely, but the experiment definitely answered one question – would people still go to the same vendor despite him being in a new set-up and could he deliver the same flavour? The answer was simply, yes.

But what about restaurants serving street foods? Where are they going wrong? Why do these dishes move slow in this set-up? The answer came to me when I recently had a chance to sample Delhi style chaat at a food festival and came back terribly disappointed. The chutneys were bland, puris not crisp, the aloo-chana filling was without any spice or salt and the ragda made oil-free to make it healthier had not been cooked properly. What's more, the paani of the golgappas was insipid.

One simple thing which seems to have escaped many chefs is to remember to play only on flavour when experimenting with street foods. We "trained" chefs start placing so much emphasis on fancy presentation and tailoring the taste to suit our elite customers and foreigners that we forget to deliver the bomb of flavour that the street vendor holds a mastery over.

Also, a lot more research is needed in the space of street foods to be able to produce a wide variety. Most street food festivals seem to offer the same stuff making the experience repetitive. The streets of India hold much more than golgappas, sev puri, ragda patties, dahi bhallas, samosas and seekh kebabs.

The street food scenario today has become a balancing-act-cum-tug-of-war between street vendors and restaurants. Both serve the same dishes more or less, both have their own dedicated demand groups and customers and both have a common set of parameters they try to satisfy in their own ways; yet, both seem poles apart from each other and are in fierce competition all the time. In all this, one wonders who is at loss? The street vendor, the restaurant or the customer? I say all of them.

For the street vendor, that one plate of golgappas sold goes a long way in ensuring his family gets a decent meal at the end of the day. For the restaurants, no matter how hard they try, the unique charm and flavour of a street-side stall is unmatchable. For the customer, it's a real dilemma. His choice takes into consideration a number of factors – his budget, hygiene, flavour and most importantly, satisfaction.

Striking a balance is indeed a difficult affair in this case. In my opinion, restaurants serving street food most definitely need to up



their performance and probably add to the variety given the vast knowledge of their chefs and resources for experimentation at their disposal. At the same time, it would make no sense whatsoever to take street food off the streets! Ultimately the ball is in the customer's court, and the customer, as they say, is always right.

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Chef Michael Swamy ([www.michaelswamy.com](http://www.michaelswamy.com)) is a Chef, traveller, food designer, food consultant, food photographer, director of food videos and writer.

This article was first published in **Incredible Chef - The official Magazine of Indian Culinary Forum**.

# 25 YEARS OF THE L'ECOLE DU GRAND CHOCOLAT VALRHONA

In April 2015, twenty-five years after the opening of their first L'Ecole Valrhona, Valrhona threw open the doors to their new school in Brooklyn, New York.

In the wake of the inauguration of L'Ecole Brooklyn and the 25th anniversary of the creation of the L'Ecole Valrhona, we talk to Sarah Kosikowski, L'Ecole Valrhona Pastry Chef Eastern US to tell us more about L'Ecole Valrhona and the new Brooklyn school.

## **WHY IS L'ECOLE VALRHONA SO IMPORTANT FOR VALRHONA?**

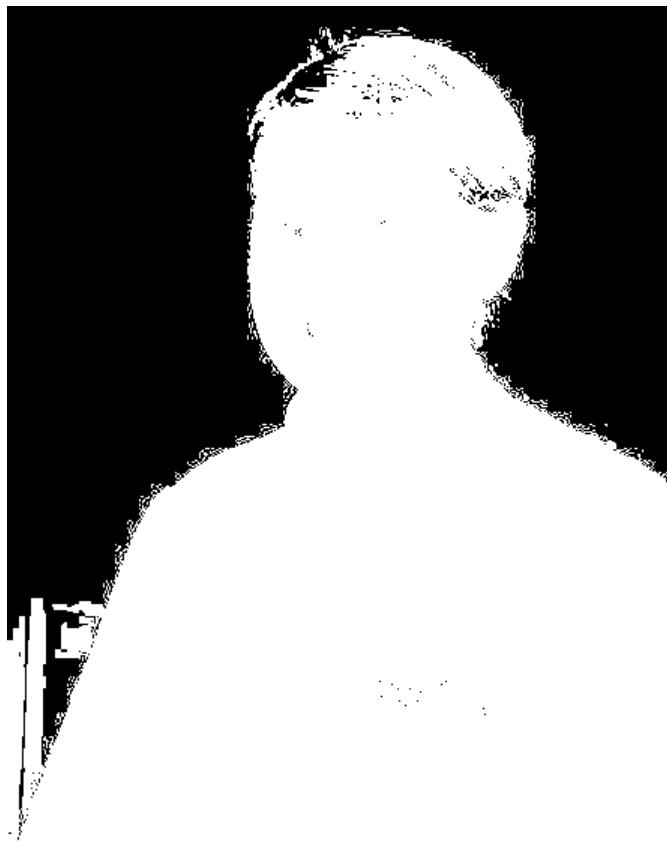
L'Ecole is something that is unique to Valrhona. Other companies have schools, but L'Ecole is so much more than just a school. It allows us to provide the highest quality support and training to our clients, as well as the highest quality products. This support ranges from hands-on teaching, clear guidance and methodology, advice and on-site visits, to an extensive selection of recipes and techniques created and taught by L'Ecole. Over the past twenty-five years we have offered, and continue to offer, something different, a different viewpoint. With four schools and 25 chefs across the world, L'Ecole Valrhona allows Valrhona to really become part of, and be inspired by, different countries' pastry cultures. We're interested in how our customers use our products and in helping them to achieve their full creative potential when doing so. L'Ecole is also really important for Valrhona as it allows us to get close to our clients. We work with distributors across much of the world rather than selling directly, so L'Ecole is an invaluable way of creating and maintaining proximity. We are a company that has chefs at the heart of everything we do. The L'Ecole's role in this is vital.

## **WHY BROOKLYN?**

Opening a school in the US is a natural progression for us. We've been working in the US and Canada for over 20 years, but this is the first school we've ever had in North America. We chose to base the school in DUMBO, Brooklyn, for several reasons. Our North American offices are located in DUMBO, so we already have a connection to the area. Brooklyn itself is a cool, up and coming area of New York City, which fits well with the innovative spirit of Valrhona and L'Ecole, and it has the advantage of still being very close to Manhattan. If you step outside the school, for example, you can see Manhattan just across the water. This is important for us, as New York City is a world famous culinary, and cultural, destination. We've found that people are traveling from across North America, and sometimes overseas, to come to the school. They're excited to take classes and to learn, but they're also excited to come to NYC.

## **VALRHONA IS PRESENT IN MANY COUNTRIES ACROSS THE WORLD, BUT YOU ONLY HAVE FOUR SCHOOLS. WHAT DO YOU OFFER TO YOUR CLIENTS WHO CAN'T, FOR WHATEVER REASON, ACCESS THE SCHOOLS?**

Valrhona has 25 corporate pastry chefs and majority of them are not based in one of the four L'Ecoles Valrhona. Most of them travel across the world all the time. It's what we used to do in the US. We



used to give classes, demos, hands-on, technical assistance and so on in various kitchens. The new school has given us a space to be able to develop what support and training we can offer, but we're still travelling. School or no school, the relationships we have with chefs are at the heart of what we do. We keep proximity with our clients by essentially going to see them. We'll run classes or training at their sites, we'll host events, and we'll offer advice and support. Our schools are important, but they're only one part of all that we offer.

## **RETURNING TO L'ECOLE BROOKLYN, WHAT WERE THE INITIAL CHALLENGES YOU FACED IN CREATING IT?**

So many. This was something that we'd never done before in the States. We didn't have any experience of where to start. Luckily, we had support from the other schools so were able to draw on their experience when creating L'Ecole Brooklyn, which really helped. In fact, four of Valrhona's Executive Chefs were involved, all sharing the best practices from the other schools. The entire building process took more than a year. One of our biggest challenges with L'Ecole

Brooklyn was to make a school that was very Valrhona, but also very American and very Brooklyn. It was a real balancing act; we were trying to bring the sleek, innovative Valrhona style into a shoe factory from the 1800s. We didn't just want to create a nice looking space, we wanted to create a place that was open and welcoming, where people could connect with the company and what we do. I think we succeeded!

### **WE HEAR YOU HELD GRAND OPENING FOR L'ECOLE BROOKLYN THIS APRIL. TELL US MORE!**

We threw a two day long event in DUMBO to celebrate the opening and the pastry world as a whole. Throughout those two days, and in four different spaces in DUMBO, there were seminars and pop ups with guest chefs from all over the world, as well as different buffets prepared by our four schools that showcased American, French, Japanese and international pastry work. We were proud to count Patrick Roger, Paco Torreblanca, Oriol Balaguer, Christophe Adam, Charles Znaty (founder and CEO of Maison Pierre Hermé) among many others as our speakers.

We chose "All Roads Lead to Brooklyn" as our theme as this really captured how international Valrhona and our guests were, as well as how important us being in Brooklyn is.

### **WHAT IMPACT HAS L'ECOLE BROOKLYN HAD SO FAR?**

L'Ecole Brooklyn was something Valrhona and US pastry needed in North America. It allows us to share the knowledge and vision of L'Ecole Valrhona from around the world, as well as bringing a new level to our presence in the US. Most importantly, it allows us to bring a better service and support to the pastry chefs. It's not just a place where we share knowledge, but also a place where chefs can come and connect, and where they are always welcome. The relationships that the school fosters with and between chefs is really important. During class, whether our En Route classes (classes that are given outside of L'Ecole) or at L'Ecole Brooklyn, we create relaxed moments where the chefs can mingle. This ranges from sharing pastries and coffee at breakfast, to sitting down to eat lunch together, to the dinner we hold for chefs after the first night of class. We've found over the years that our classes have created lasting relationships between students. The school continues to do this. Our relationship with our students doesn't finish once they walk out the door. We encourage them to get in contact if they have any questions or need any advice. Since it opened, the school has become a hub for chefs. In fact, we've had three sets of people visit this week just to see the new school for themselves.

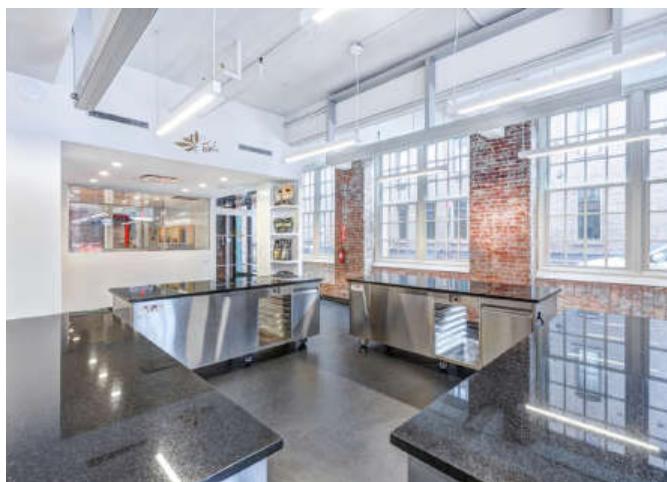
### **LASTLY, WHAT'S NEXT FOR L'ECOLE BROOKLYN?**

Our goal for the coming years is to always do more to give more. In Brooklyn, we've got a great program of classes this year. This includes classes with guest chefs William Werner, Antonio Bachour, Nathaniel Reid and Greg Mindel. We've also put together a fantastic selection of classes taught by myself, our West Coast chef Derek Poirier and Chef Philippe Givre from L'Ecole in Tain. You can find out more about the classes at L'Ecole Brooklyn on our website: [www.valrhonaprofessionals.com/brooklynclasses](http://www.valrhonaprofessionals.com/brooklynclasses)

We are working on our 2016 schedule, which is very exciting; it will consist of even more classes, with more guest chefs and more themes! We will also give more private classes, organize more

technical assistance and more private events. We're going to make sure that as many pastry chefs as possible will get the opportunity to interact with Valrhona and experience our Ecole Brooklyn.

We've also just partnered with Stefan Trion in LA, so that we can increase our presence on the West Coast: we are thrilled!



# STRAWBERRY SHORTCAKE

AN ORIGINAL RECIPE BY **CHEF SARAH KOSIKOWSKI**,  
L'ÉCOLE VALRHONA PASTRY CHEF - EASTERN USA

RECIPE FOR 12 SERVINGS

## STRAWBERRY PANNA COTTA

470g low fat Greek yogurt  
13g powdered gelatin  
65g water  
222g cream  
1g strawberry extract  
130g sugar  
783g strawberry puree  
AN red color

Sprinkle the gelatin over the cold water to bloom. Bring the cream to a boil and add gelatin to melt completely. Combine yogurt with puree, sugar and strawberry extract and process with an immersion blender until smooth. Add the cream with gelatin to the mix and process again. Divide between 12 glasses (approximately 115g per glass depending on size) and chill for 4 hours.

## VANILLA STREUSEL

40g butter  
45g sugar  
67g flour  
½ ea. vanilla bean  
pinch salt

Combine all dry ingredients on a stand mixer with the paddle attachment. Add cold diced butter and mix on low speed until pea sized pieces are formed. Place on a perforated baking sheet lined with paper or a silpan and bake at 315°F until lightly colored- spreading and redistributing streusel during the baking process. Cool and break into smaller pieces.

## STRAWBERRY CRUNCH ROCHER

80g special K cereal or cornflakes  
20g freeze dried strawberries  
51g slivered almonds  
68g vanilla streusel  
260g DULCEY Blond Chocolate

Toast almonds until golden brown- cool. Combine cereal, freeze dried strawberries, shortbread and cooled almonds. Temper the Dulcey Blond Chocolate and pour over the dry mixture. Gently, but quickly, fold the mixture to thoroughly coat with the chocolate. Pour onto a silpat lined sheet pan and spread without pressing or flattening. Once the chocolate is set, break rocher into pieces.

## CEREAL WHIPPED GANACHE

336g milk  
50g Cap'n Crunch cereal  
210g OPALYS white chocolate  
385g cream

Combine the cereal and cold milk- let sit for 30 minutes. Strain and rescale to 112g Melt Opalys to 41°C/105°F. Bring the cream to a boil and slowly pour over the melted Opalys in several additions to create an elastic core. Add the cold infused milk and process with an immersion blender to perfect the emulsion. Let set overnight (minimum 6 hours) before using.

## SOFT ALMOND CAKE

209g (4ea) eggs  
62g (3ea) egg yolk  
235g Almond flour  
272g Sugar  
16g Cornstarch  
5g Milk powder

Combine almond flour, sugar, cornstarch and milk powder. Beat eggs with yolks until smooth (do not incorporate air). Add the eggs to the dry mixture and blend until smooth. Spread batter evenly into a sprayed and paper line half sheet pan. Bake at 350°F until golden brown (approx 9-12 min). Let cool completely then use a cutter with the correct dimensions to snuggly fit into the glass that will be used for the finished dessert. Keep cake discs wrapped and chilled until ready to plate.

## BASIL INFUSED STRAWBERRY

36-40 whole strawberries  
4 sprigs fresh basil  
AN sugar

Thinly slice strawberries, top to bottom, creating round slices. Gently spread sliced berries flat in a cryo-vac or plastic bag. Strawberries should be dispersed evenly. Add sugar, if necessary, depending on sweetness of berries, to the bag then place basil on top of berries. Seal bag, removing excess air but taking care not to crush the berries. Let berries infuse overnight refrigerated. When ready to use, open bag and drain berries, discarding basil

## ASSEMBLY AND FINISHING

Using tempered Dulcey, create chocolate décor in desired shapes to be used as décor for the finished verrine. Garnish the panna cotta with infused strawberry slices and rocher, keeping each separate on each side of the glass. Add chocolate décor and fresh micro basil. Place a round of soft almond sponge on top, taking care to not press down and preserve the space surrounding the rocher and strawberry garnish. Whip the cereal ganache by hand just until a soft peak is reached. Using a large spoon or piping bag with a straight tip, finish the verrine with a dollop of the whipped ganache. Serve immediately.



# THE SOCIAL CHEF

How can you raise your profile digitally using storytelling?



These days, as a chef, your duties are not just confined to the kitchen. You also share the burden of marketing the restaurant and attracting human resource talent. What better way to do this, than to hear from you, the person behind the glorious food? With the digital landscape, you're on level playing field with celebrities. Gone are days where celebrities are made on television. Bloggers, Youtube and instagram stars now have tens of thousands in their followings, sometimes superceding traditional media outlets. Through them, you sometimes get to know about the companies they work for, or get introduced to new products. What's their secret to their success? Here are some tips on building your digital profile using storytelling.

## A STORY NEEDS A HERO. THAT'S YOU!

It's all about the hero. In this story, you are the hero. Your audience does not really care what you say but they do care what you do, what you believe in, and your unique views. Mario Batali has a wealth of knowledge in the history of Italian cuisines. Jamie Oliver stands for healthy lunches in school canteens. Anthony Bourdain is known for his "no-holds-barred" commentary. Don't be afraid to show who you are. Share your thoughts, daily experiences and knowledge. And believe it or not, there's always a little voyeur in all of us who secretly wants to find out more about what goes on behind the scenes.

## A STORY NEEDS TO BE ENGAGING

The critical factor for any content to be engaging is the value it creates, or in other words, "WIIFM" (What's in it for me). Engaging content has to bring either educational value, or entertainment value. Mix education and entertainment up, and you have someone like Gordon Ramsey.

As a chef, you have the privilege of dealing with #food, a subject which with more than 192 million images posted on Instagram. Food you prepare easily translates into valuable content, and also often make an inviting photograph. Consumers, fellow chefs, or

even food brands, are constantly looking for new knowledge about preparing food, or inspiration for the next dish. Your valuable content could be in the form of recipes, or even thoughts about how an ingredient can be used.

## A STORY HAS TO BE SHARED

A story is not a story until it is shared with others. The likes of Gordon Ramsey share theirs like a full-fledged media, broadcasting across their owned news site, youtube, facebook, twitter and instagram. While you don't have to deploy your content like a media house, it is good to think about the share-ability of content across different types of channels. Pick one or more channels that resonate(s) with your community and your personality.

**INSTAGRAM** – This could be your best bet to reach out to new audiences, if you are good at taking photos. Whet your fans' appetites with dishes you whoop up.

**YOUTUBE** – If you love talking, or can juggle while cooking, then this online classroom will be where amateurs watch you, while having dough-smeared fingers in the kitchen.

**FACEBOOK** – Great for connecting with those you've met. Grow the relationship, as they get to know you more through your variety of updates, from articles, images, statuses or even videos.

**TWITTER** – Short updates in 140 characters. Follow F&B brands and celebrity chefs and interact with them. Participate and share your knowledge in conversations like #winwednesdays or #askachef.

**BLOG/WEBSITE** – Connect it with other channels. It allows high discoverability on search when you also provide in-depth content on recipes and instructions.

Your best fans are your customers and co-workers. Invite them to follow your updates, and use your channel as an opportunity to receive feedback from them. As you continue to share, the community will grow.

## A STORY HAS TO KEEP PEOPLE COMING BACK FOR MORE

Don't be disappointed if your first post did not receive hundreds of 'likes' or 'shares'. As with any story, there are ups and downs, build-ups and climaxes. Keep the story going; be consistent with communicating and posting content. Respond to comments and questions. When you have built a momentum, your audience will also expect to see updates. Take a leaf out of drama serials, it always leaves you wanting and thinking about the episode you have seen.

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Julia Tan is the Head of Asia for Mynewsdesk, a digital PR platform which is used by more than 5000 brands globally, including Accor Hotels, Arla foods, Electrolux and Modelez.



## PASTRY IN THE SPOTLIGHT

Chef! Magazine catches up with SA National Culinary Team's Pastry Chefs, Minette Smith and Arno Ralph, who recently spent time with legendary French Master Pastry Chef Gilles Renuisson.

The pastry component of the IKA Culinary Olympics now makes up 40% of the total score (a 10% increase from previous years), and as such, the SA National Culinary Team is focusing on pastry more than ever before. With this in mind, Manager of the team, Chef Heinz Brunner, organised for esteemed French Master Pastry Chef and expert culinary competitor, Gilles Renuisson, who has been based in Michigan, USA for over 30 years, to visit Johannesburg, to mentor the team's Pastry Chefs, Minette and Arno.

Renuisson is a certified master pastry chef and professor at the Secchia Institute for Culinary Education at Grand Rapids Community College, a highly respected programme that turns

out top chefs ever year. Travelling the world to teach seminars and judge international pastry competitions, he has wowed chefs and food aficionados across the globe with his pastry art. He also has experience leading top global teams to compete in competitions such as Le Coupe du Monde de la Patisserie – the World Pastry Cup. This is the world's most prestigious pastry competition, involving chefs from 22 countries.

This year, Renuisson managed and coached the US Pastry Team, who achieved great results at the fourteenth World Pastry Cup in Lyon, France. It was an honour to have Renuisson with the SA National Culinary Team to share his immense knowledge and skill.

## ONE ON ONE WITH GILLES RENUSSON

### WHAT FIRST DREW YOU INTO THE WORLD OF PASTRY?

I began my culinary journey at the age of 14, when I was enrolled at a cooking/boarding school, and I knew that I wanted a career in either food or travel. But, I soon realised that I didn't enjoy the pressure of the hot kitchen. After graduation, I got my first job at the restaurant at the Charles De Gaulle Airport in Paris, and that's where I discovered that I loved making pastries. From there, I worked for a year and a half at Fauchon, the high-end Parisian luxury food, and my love for pastries deepened further.

### WHAT IS THE BIGGEST HIGHLIGHT OF YOUR CAREER?

It's very difficult to pinpoint one highlight, but I think that it is the joy that I get from constantly learning and teaching, and building relationships all around the world. I enjoy getting the chance to say thank you to those that have helped me get to where I am today, and I enjoy sharing my knowledge and experience with others.

### WE ARE HONOURED TO HAVE YOU HERE IN SOUTH AFRICA TO WORK WITH OUR NATIONAL CULINARY TEAM. WHAT WOULD YOU LIKE THEM TO REMEMBER AS THEY STEP INTO THE IKA CULINARY OLYMPICS NEXT YEAR?

The team needs to pace themselves. Practice has started already, and they need a clear understanding of what they will be doing on the day and follow that plan. You cannot force creativity, but you can plan for it, and plan for any scenario. I would also like to see the team look at the subtle, unique things that are truly South African. Not the typical things that the judges will expect, like Nelson Mandela or the Big Five, but the beautiful, lesser-known expressions of South Africa. The judges are curious; they want to be excited and to learn something new. The team needs to inspire their curiosity.

### WHAT ARE SOME OF THE BIG TRENDS YOU ARE SEEING IN THE WORLD OF PASTRY AT THE MOMENT?

I don't like to follow trends or analyse trends, I think it's about making your own trends, building on ideas and making them your own. In the world of pastry, there are really two sectors of the industry – the pastry chef in a hotel or the pastry chef in the restaurant. In a hotel you have more scope to create different pastries and specialty desserts and cakes, in restaurants you do more of the plated desserts. There is space for innovation in both environments, if the pastry chefs are given the freedom to be creative and create from scratch, rather than using brought in alternatives.

### WHAT WOULD YOU LIKE TO SEE PASTRY CHEFS DO MORE OF?

I would like to see the culinary industry focus more on the development of the pastry chef, and I would like to see aspiring pastry chefs invest in themselves and to make sure they are learning from the best – learning from people with integrity, chefs who respect their customers, respect the ingredients. Go searching, be inquisitive, there is so much to explore.

### WHAT GIVES YOU THE GREATEST JOY AS A PASTRY CHEF?

A day like today is a great day (Renusson is referring to the pastry masterclass he hosted at HTA School of Culinary Art on 29 June 2015). I get the greatest joy from affecting people around me in a positive way.



## A FEW MINUTES WITH MINETTE

### HOW DID YOU FIND YOUR EXPERIENCE WORKING WITH GILLES RENUSSON?

When we first met, I said to him, I'm really lucky to be able to spend this time learning from you. Without missing a beat, he said, "Do you know what luck is? Luck is when preparation meets opportunity." I think that message will stay with me forever! The whole experience was truly amazing. For someone with that knowledge and experience and success, he is so humble and is so generous with his time and just so ready to share and engage. We had seven days of brainstorming and chatting, it was the coolest thing; it can be difficult to connect with someone on so many levels, but I felt like we connected through our mutual love of pastry and teaching, as friends, as chefs, it was very special.

### HOW DO YOU FEEL THAT HIS MENTORING IS GOING TO SHAPE THE PASTRY SECTION AT THE IKA CULINARY OLYMPICS?

He's given us a very solid foundation, and now we need to build on it and stay focused. Arno and I will move forward hand in hand as a team to create something special for the team's pastry component of the IKA Culinary Olympics.

It's all about teamwork, and I think Arno and I are the perfect team – we complement each other. For example, I hate showpieces, and he loves them, and I absolutely love creating plated desserts! What we want to do is bring in unique, subtle, South African influences into the dishes. We are aiming for the judges to come to the table and say wow; I've never experienced this before. We are aiming to go to the Olympics in the most original way we can. As Gilles says, we create our own trends. You have to decide whether you are a follower or a creator, and the SA National Culinary Team are most definitely creators.

### WHAT IS THE MOST VALUABLE LESSON THAT YOU HAVE LEARNT FROM CHEF GILLES?

I learnt so much, but I think what I will never forget is that no matter how far you go and how much you do, you need to remember who passed the ball to you. You will always be supported throughout your career, and it's important to say thank you and stay humble.

---

**Minette Smith** is Senior Pastry Chef and Lecturer at HTA School of Culinary Art and a proud member of the pastry section of the SA National Culinary Team.

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# ARNO RALPH'S RASPBERRY WHITE CHOCOLATE GATEAUX

A Chocolatier for Lindt & Sprungli, and member of the SA National Culinary Team pastry section, Cape Town-based Arno Ralph shares one of his innovative recipes. "It's a great honour to represent your country. I feel privileged to be a part of the team. To work with what you are passionate about is already amazing, but to be part of a team who feel just as passionate about food and perfection as you do, is just the next level! Everyone has a story and our country has so much to tell. I want to bring that passion and love for perfection, that we all share, and showcase how we fit into the culinary world," says Chef Arno Ralph.



## WHITE CHOCOLATE BAVARIAN/MOUSSE

**PORTIONS:** 6

### SACHER SPONGE

110g marzipan  
70g egg yolks  
40g eggs  
30g flour  
160g egg whites  
35g flour  
35g cocoa  
100g egg whites  
55g treacle sugar

Cream the marzipan and eggs until smooth. Make a meringue with the egg whites and the sugar. Then fold the yolk mixture into the meringue and fold this in. Place in prepared tin (12cm) and bake at 160°C for 12 mins

### BEETROOT & RASPBERRY MIRROR GLAZE

350g beetroot juice  
450g Hulett's Caster sugar  
75g milk powder  
50g Rasp puree  
300g cream  
16g gelatin leaves

Combine all except the gelatin - boil on induction no 8 for 11 min whilst stirring. Allow to cool slightly, and then add the bloomed gelatin. The correct temperature & consistency should be reached before coating at 50 – 55c. Products need to be fully frozen once glazing. Enrobe with glaze at 40 – 45c.

### RASPBERRY JELLY

100g raspberry puree  
1 gelatin leaf  
10g castor sugar

Bring to the boil puree and sugar. Add hydrated gelatin leaf. Set in 9cm ring. Allow to freeze and set aside.

### SUGAR BOILING

350g granulated sugar  
65g water  
50g inverted syrup  
1g tartaric acid

Cook everything to 150c. Cool and pull/blow

## WHITE CHOCOLATE BAVARIAN/MOUSSE

Serves: 665g  
Preparation Time: 20 min

50g milk  
50g cream  
1/2 vanilla pod  
40g yolks  
12g Castor sugar  
250g white couverture chocolate 36%  
3g gelatin leaves  
260g cream

Hydrate the gelatin in cold water- set aside. Bring the milk, cream & vanilla pod to the boil – allow to infuse. Then add the slake gelatin & dissolve in the hot liquid. Pour the hot liquid over the white chocolate to form a thick smooth mass – allow cool. Sabayon the yolks & sugar, then fold through the white chocolate mass. Then lastly whip the cream to soft peaks & temper / fold into the white chocolate mixture.

### ASSEMBLY

Prepare a 14cm cake ring by spreading a chocolate foot and place ring on top. Cut sponge in half and place in centre of ring on top of chocolate foot. Place jelly on top of sponge. Pour bavarois cream over all and fill ring to the top and freeze. Remove and glaze with the Raspberry & beetroot glaze. Decorate with pulled sugar.

# THE NATIONAL YOUTH CHEFS TRAINING PROGRAMME SPRINGBOARD TO SUCCESS

The National Youth Chefs Training Programme (NYCTP), which has been running since 2011, commenced once again in May this year, with learners enrolling in their second and third year's of study at culinary institutions across the country. We are thrilled to have received many success stories of students and graduates who are flourishing. Here are just a few of tales of success.



## BHEKI MHLONGO THRIVING DESPITE THE ODDS

A hardworking, passionate individual, Bheki Mhlongo has achieved great success though NYCTP, despite facing daily medical challenges. Bheki has cerebral palsy and is also asthmatic, so the demanding, fast-paced environment of the kitchen is not easy for him, but it is his dream to become a great South African chef, and his determination, positive attitude and will to succeed have made him stand out as a star within the NYCTP initiative.

During his exam period in his second year of studies, Bheki encountered health challenges that resulted in him undergoing heart surgery, which was thankfully successful. Despite the challenges, Bheki managed to pass both the certificate and diploma levels of his studies, and also secured a job at the newly-opened Vigour & Verve (V&V) Restaurant at Gold Reef City in 2014.

"From a dream to a wish, to a wish that has come true! It was a dream to become a culinary student, and I am thankful to NDT and SA Chefs for changing my life and allowing me to reach my potential in the tourism and hospitality industry. I am proud to say that I have been one of the top students," said Bheki. In May 2015, Bheki decided to develop his culinary skills further. He enrolled, and was accepted, into the NYCTP third year diploma course in pastry, and is currently studying at the Johannesburg Culinary & Pastry School.



## LESEGO JOHN MOSEKI WINNING AWARDS IN DOHA

NYCTP Certificate graduate, Lesego John Moeki secured a job as one of the Commis Chefs at the beautiful, newly opened five star hotel Marsa Malaz Kempinski The Pearl in Doha, Qatar. Under the guidance of acclaimed Executive Chef, Mattias Roock, he gained invaluable culinary skills and experience within a well-respected hotel group. Lesego recently informed us that the hotel's signature Spanish restaurant, El Faro (meaning The Lighthouse in Spanish) at which he is involved, recently won Best Spanish Restaurant at the Fact Dining Awards 2015.



## ZOE MASEKO SERVICE CHEF OF THE YEAR WINNER

The highly competitive Goldcrest HTA In-Service Chef of the Year Competition took place earlier this year at HTA School of Culinary Art, and we are pleased to announce that former NYCTP student, Zoe Maseko came out tops in the competition.



## ZOE MASEKO SERVICE CHEF OF THE YEAR WINNER

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The competition was conceptualised by Stephen Billingham, president of the South African Chefs Association and founder of HTA School of Culinary Art in Johannesburg in 2006, with the first competition held in 2007. Goldcrest has partnered with this event as naming rights sponsor, and together with fellow sponsors ensures this is an exciting competition for young chefs to enter.

## PERCY NOMLALA BENONI TIME BAKING COMPETITION WINNER

NYCTP student Percy Nomlala was recently crowned Most Promising Baker in the Professional Category of the Benoni City Times Mother's Day Cake Bake competition.

Percy entered into the Professional section of the competition and he created a colourful red velvet beetroot cake in the shape of cup and saucer, a camera and cupcakes. His prize

## ABOUT NYCTP

The National Youth Chefs Training Programme began in 2011 in a unique partnership between the National Department of Tourism and the South African Chefs Association. With the aim to upskill young unemployed South African people to become chefs, the programme is helping to fight unemployment, as well as to answer the needed for skilled chefs in South Africa's growing tourism and hospitality industry.



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## A SCOTTISH SEAFOOD ODYSSEY

Visit to Scotland hosted by The Scottish Government, Federation of Chefs Scotland and the Scottish Seafood Collaborative Group

For a tiny country (pop: 5.3m), Scotland has a long tradition of punching above its weight on an international stage.

Increasingly, Scotland's seafood has been capturing global attention, and with recent focus on improving trade relationships, coupled with world-class product, seafood exports to Asia have flourished. In its second sponsorship term with WorldChefs, and as a proud seafood partner to the global network, the Scottish Seafood Collaborative Group is working to bring quality seafood from Scotland to Asian chefs.

It is via this partnership that a group of chefs arrive in Scotland for a seafood-themed visit. The group includes Mr Chan Hon Cho, the recent winner of the Scottish recipe challenge, where WorldChefs from across Asia used Scottish seafood to create a raft of enticing dishes. Discovering the Capital and the beautiful West Coast of Scotland, the guests experienced the seafood tour of a lifetime.

The group have a surprising introduction to Scotland, visiting a distillery – not to taste whisky, but gin. The Edinburgh Gin Distillery is a reflection of the trend for artisan gin in Scotland – and the seafood parallels were not lost on the group – traditional methods, pared down processes and clean, quality ingredients. Everyone was encouraged to make their own, and armed with their personal blends, settled down for dinner in the renowned Chef Tom Kitchin's Scran and Scallie in Edinburgh's Stockbridge that included an unforgettable dish of razor clams and asparagus with garlic lemon and butter sauce, before setting off to explore the seafood delights of Scotland.

First stop was a tour of a salmon farm at Strondoir Bay, one of 60 sites operated by the Scottish Salmon Company in the Hebrides and West Coast of Scotland. What stood out was the natural approach taken to the salmon. The pristine water and the good breeding

environment, and the care, attention and dedication to the fresh fish ensures the salmon is top quality.

Back to Inveraray and a stay in the historic George Hotel, one of the oldest in Scotland. Dinner featured excellent langoustine, crab and scallops, and the group was left wondering whether the cast of Downton Abbey, who stayed while filming a Christmas Special, were treated so well!

Day three was one of the most memorable days, out on Loch Fyne with the passionate skipper John Hollis on-board the "Wicked Wendy". Scotland is glorious in the sunshine - just right for an introduction to creel fishing, and tasting the fresh catch on the deck. Having been introduced to langoustines by Michelin star chef Alain Ducasse at the Raffles Hotel in the '90s, Chef Anderson was impressed by the labour involved in getting from sea to plate: "One thing that struck me was the way the langoustines were harvested from the sea loch. The process was extremely labour intensive and the fishermen are meticulous in ensuring all the female langoustines laden with eggs are released back into the loch to sustain the supply."

Then, off to the famous Loch Fyne Oysters, for oysters, mussels, and more. Of course, you can't visit Loch Fyne without sampling oysters, so accompanied by some white wine, the group tucked in, and the seafood was as fresh as it gets. In the smokehouse, the quality control at every stage is second to none, and in the words of Chef Anderson, the result was: "elegant, refined and free from the over-powering smoked flavour that can affect the delicate texture of the salmon."

Another tour beckoned, this time of the mussel and oyster farm. It was fascinating to see why oysters are kept in cages, and how the tumbling movements of the intertidal waves strengthen the shell



and add firmness to the meat. One of the main attractions here was Andre, the farmer – his sheer passion for the product shone through. Heading back to the charming Taychreggan Hotel on the shores of Loch Awe, a Scottish feast, providing a fantastic opportunity to sample some of Scotland's other food heroes, including haggis, venison and Scottish blue cheese.

The final day of the tour was gentler, with a tour of Inverawe smokehouse, a small, family run affair with a personal approach. The business has been smoking for three decades, and not much has changed, yet the family are still keen on innovation – as long as it retains the distinct flavour and texture of their salmon.

And finally, no visit to Scotland would be complete without sampling one of its other famous exports. A quick tour of the Oban Distillery was an eye-opening treat, learning all the different whisky flavours from smoky to full-bodied and fruity – not unlike the seafood over the last few days.

Back to Edinburgh, and a final surprise. Dinner was served at Chef Roy Brett's Ondine, one of the most celebrated restaurants in the Capital, and a true seafood destination. Former First Minister of Scotland, Alex Salmond, happened to be dining there too, and he was delighted to meet the visitors. Neil Thomson and Ian MacDonald, Chief Executive and President of the Federation of Chefs Scotland joined the dinner, which, with Scottish Brown Crab Salad, Fried Oyster, Escabeche of Mackerel and Scallops on Aubergine Purée, proved to be the most memorable meal of the trip.

All that was left was for everyone to pack up their shopping – wondering how to fit everything in for the trip home, and reflect on this visit to Scotland.

For Anita Cheng, the Scottish salmon and oysters really stood out. She said: "We had a very personal experience of Scottish seafood, and more importantly, the passionate and professional people that work behind the scenes. The oysters had a wondrous texture: pure flavour, light on minerals and are particularly firm. Really delightful and splendid - I cannot ask for more!"

Chef Chan Hon Cho was particularly enthusiastic about the salmon – "natural taste, strong flavour which stands up to being used in many different types of cooking, keeping its flavour."

Chef Anderson sums it up perfectly: "Witnessing first-hand where the seafood came from, and how it is harvested and shipped to the far corners of the world, built confidence in the quality of the product. The salmon had a subtle and clean taste. Langoustines, mussels, razor clams and scallops all had that special briny sweetness that all seafood aficionados die for. Now, all that's left is to get my hands on some of these products back home and start cooking soon"

The tour of Scotland was arranged by the Scottish Seafood Collaborative Group as part of its sponsorship programme with WorldChefs, which has also included the supply of salmon and scallops to this year's Global Chefs and the Hans Bueschkems Junior Chefs Challenge.

For more information about Scottish Seafood, visit [www.sdi.co.uk/trade/sectors/food-and-drink](http://www.sdi.co.uk/trade/sectors/food-and-drink) or take a look at the 'Seafood from Scotland' Facebook page.

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## **POACHED FREE-RANGE CHICKEN, CREAM SAUCE, VEGETABLES AND RISOTTO**

by Christian Guillut

### **CHICKEN STOCK**

Chicken carcass  
50 g carrots  
40 g onions  
1 piece leek  
3 garlic cloves  
1 celery stalk  
1 bouquet garni  
Salt, whole peppercorns

### **SAUCE**

15 g Elle & Vire® Gourmet Butter Unsalted  
15 g flour  
200 ml chicken stock  
200 g Elle & Vire® Performance Universal Cream  
Salt, pepper, nutmeg

### **GARNISH: VEGETABLES**

80 g carrots  
60 g turnips  
30 g celeriac  
80 g leek (white part only)  
4 new pearl (spring) onions  
Salt, pepper

### **RISOTTO**

120 g Arborio rice  
30 g shallots  
10 g onions  
3 garlic cloves  
50 ml white wine  
350 ml chicken stock  
30 g Elle & Vire® Gourmet Butter Unsalted for cooking  
40 g Elle & Vire® Gourmet Butter Unsalted for binding

### **PRESERVATION**

80 g blanched carrot, celeriac, leek (green part only) and turnip

### **PREPARE THE CHICKEN**

Portion the chicken by removing the wings and the legs. Set aside the carcass for the chicken stock.

### **CHICKEN STOCK**

Wash and soak the chicken carcass in cold water then place in a saucepan of cold water. Bring to the boil, skimming frequently. Add the vegetables, season and cook over a low heat for 1 hr. Strain through a china cap sieve and set aside.

### **VEGETABLES**

Cut the vegetables into large regularly sized cubes and cook separately in chicken stock.

### **RISOTTO**

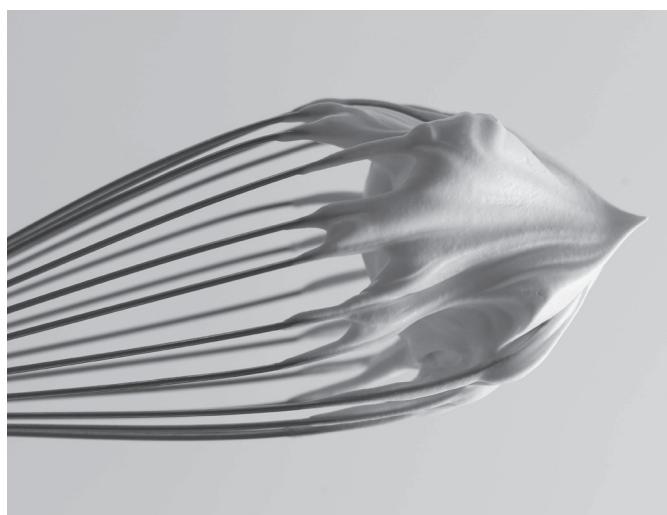
Sweat the garlic cloves, shallots and onions in a saucepan. Add the rice and coat in butter, add the dry white wine and reduce. Gradually add the hot white chicken stock, stirring constantly, then cook over a low heat. Season with salt. When almost cooked, add butter to the risotto to bind.

### **SAUCE**

Make a white roux in a saucepan and then cool. Add the chicken stock and cook over a low heat, season. Add the cream and leave to cook until the sauce coats the back of a spoon. Strain through a china cap sieve.

### **TO SERVE**

Place a piece of fillet and leg in the centre of the plate. Coat with sauce and sprinkle over the mixed vegetable brunoise. Position the vegetable pieces alongside the chicken, one on top of the other, then the risotto with a little cream on top. Add some mixed fresh herbs.





## FOUR SEASONS

by Ludovic Chesnay

### CIGARETTE PASTE

100 g Elle & Vire® All Purpose Butter 100 g icing sugar  
100 g egg whites  
100 g flour  
Food colouring

### JOCONDE BISCUIT SPONGE

5 eggs  
170 g ground almonds  
85 g flour  
170 g icing sugar  
300 g egg whites  
85 g sugar  
40 g Elle & Vire® All Purpose Butter

### PISTACHIO DACQUOISE

65 g icing sugar  
15 g cornflour  
30 g ground almonds  
40 g ground pistachios  
130 g egg whites  
125 g sugar  
Icing sugar

### FOUR SEASONS BAVARIAN CREAM

500 g milk  
7 egg yolks  
150 g sugar  
1/2 vanilla bean  
12 g gelatine  
300 g Elle & Vire® Advantage Whipping Cream  
15 ml kirsch (optional)

### CIGARETTE PASTE

Mix all the ingredients together, making sure the butter is at room temperature and the eggs whites are not too cold. Divide into 4 to 5 batches and add food colouring. Spread the coloured cigarette paste onto a silicon mat making a decorative patchwork of colours and freeze.

### JOCONDE BISCUIT SPONGE

Whisk the eggs, icing sugar, ground almonds and flour together. Add the stiffly whisked egg whites, the sugar and then the softened butter. Spread the mixture on top of the coloured cigarette paste on a silicon mat and bake in a fan-assisted oven at 200°C (392°F) for 7 - 8 mn. Remove from the baking mat as soon as it is cooked.

### PISTACHIO DACQUOISE

Sift the icing sugar, ground almonds and pistachios and cornflour. Using a mixer, whisk the egg whites and half of the sugar, and add the rest of the sugar to stiffen. Carefully add the sifted ingredients then spread onto a silicon baking mat. Dust with icing sugar and repeat 5 mn later. Bake in a fan-assisted oven at 170°C (338°F) for approximately 20 min. Leave to cool.

### FOUR SEASONS BAVARIAN CREAM

Heat the milk with the vanilla bean, infuse for 15 mn and make a crème anglaise heated to 85°C (185°F) with egg yolks, and sugar. Once ready, add the gelatine and kirsch. Cool to 30°C (86°F) and incorporate the whipped cream.

### FINISH

Position the Joconde biscuit around the inside circumference of a cake ring, leaving a gap of 0.5 cm - 1 cm at the top. Place a disc of Dacquoise on the bottom, fill the mould half way up with the Bavarian cream and add small pieces of frozen raspberry. Add another disc of dacquoise. Fill the mould up to the top with Bavarian cream, smooth and freeze. Glaze with mirror glaze. Remove from the mould when frozen and decorate with fresh fruits and chocolate decors.



## ICED DOME

by Ludovic Chesnay

### FINANCIER

100 g ground almonds / 100 g flour / 8 g baking powder / 200 g icing sugar / 200 g egg whites / 200 g Elle & Vire® All Purpose Butter (for the nut brown butter) / 50 g chocolate pearls

### CARAMELISED PISTACHIOS

100 g whole pistachios / 50 g sugar / 15 g water / 10 g granulated sugar / 20 g powdered cocoa butter

### VANILLA PARFAIT

10 egg yolks / 150 g sugar / 50 g water / 200 g Elle & Vire® Performance Universal Cream / 1 vanilla bean / 3 g gelatine / 250 g whipped Elle & Vire® Performance Universal Cream

### DARJEELING AND CHOCOLATE ICE CREAM

1550 g whole milk / 375 g Elle & Vire® Performance Universal Cream / 36 g inverted sugar / 17 g Darjeeling tea / 3 egg yolks / 250 g sugar / 100 g powdered skimmed milk / Milk chocolate 46%

### PISTACHIO ICE CREAM

1 litre whole milk / 300 g Elle & Vire® Performance Universal Cream / 8 egg yolks / 260 g sugar / 120 g powdered skimmed milk / 70 g powdered glucose / 120 g pistachio paste

### MILK CHOCOLATE GLAZE

560 g water / 250 g Elle & Vire® Performance Cream / 100 g sugar / 100 g glucose / 50 g powdered glucose / 300 g milk chocolate 46% / 50 g dark chocolate 72% / 17 g gelatine

### FINANCIER

Heat the butter until nut brown. Combine the icing sugar, ground almonds, flour and baking powder. Add the egg whites and then the room temperature butter. Fill the silicon moulds and sprinkle over the chocolate pearls. Bake in the oven at 200 °C (392°F) for 13 - 15 mn. Freeze then remove from mould.

### CARAMELISED PISTACHIOS

Heat the sugar and water to 121 °C (250°F), add the pistachios and the granulated sugar then crystallize and caramelise, stirring constantly. Sprinkle over the powdered cocoa butter. Leave to cool.

### VANILLA PARFAIT

Bring the cream and the vanilla bean to the boil and reduce to 2/3 (200 g = 135 g). Heat the sugar and water to 121 °C (250°F), add the egg yolks and rapidly cool. When the mixture reaches 35 °C (95°F), add the reduced cream, the gelatine and then the whipped cream. Fill a half-sphere silicon mould, seal with a disc of financier and freeze.

### PISTACHIO ICE CREAM

Heat the egg yolks, milk, cream, powdered milk, pistachio paste and sugar to 85 °C (185°F) to make a crème anglaise. Strain through a china cap sieve and cool. Rest for 24 hrs before using.

### CHOCOLATE AND DARJEELING ICE CREAM

Infuse the tea in warm milk for 20 mn, strain through a china cap sieve and heat the egg yolks, cream, powdered milk and sugar to 85 °C (185°F) to make a crème anglaise. Strain through a china cap sieve and pour onto the milk chocolate. Rest for 24 hrs before using.

### MILK CHOCOLATE GLAZE

Heat the water, cream, sugar, glucose, powdered glucose and both chocolates to 103 °C (217°F), add the gelatine.

### FINISH

Insert the vanilla parfait into a half-sphere of chocolate ice cream. Freeze and place the half-sphere of vanilla parfait and chocolate ice cream into a half sphere of pistachio ice cream, then seal with a disc of financier. When frozen, cover with milk chocolate glaze and decorate.

Discover other inspiring recipes on [www.pro.elle-et-vire.com/en](http://www.pro.elle-et-vire.com/en)

# MAKE SMART RECYCLING CHOICES

Every chef has a choice to make an action that will impact the sustainability of the culinary industry. Jeremy Abbey shares some tips. These ideas will help you make choices that are more profitable for the environment, the social construct and the economic bottom lines.

## RECYCLE

Make smart recycling choices. Does your operation separate cardboard; what about plastic and aluminum? Setting up a system in any kitchen is easy; the hard part is finding places that will recycle them at a reasonable price. Start by contacting local city government offices. Many municipalities offer recycling for a minimum one-time charge for the container.

## COMPOST

Just like recycling, compost systems in a kitchen are easy to set up. The amount of food wasted here in the United States is staggering. By returning non-edible trim to the earth, we can make a sustainable choice. Once you establish a composting system in your operation, be sure to monitor it once a week so it receives the necessary air circulation (ask a smoker to stir it on break!). You may be surprised at how fast vegetable scraps turn into beautiful compost. From there, call a farmer; many will be willing to pick it up for no charge; if you're lucky, you may be able to sell it.

## GET RID OF STYROFOAM

The competitive, cut throat, tight margin industry that we work in makes it very difficult to afford many of the "green" products that are now on the market. A simple and impactful change is getting rid of Styrofoam in the operation. Ideally, move to all sustainable disposables. I'm a chef, I know how difficult this can be with the cost of these products but with more chefs choosing to purchase them, the cost over the past five years has come down. The more of us that make the choice, the more affordable the price will be. At least start with removing Styrofoam, it never disintegrates!

## CHANGE THE ENTIRE SYSTEM OF DISPOSABLES

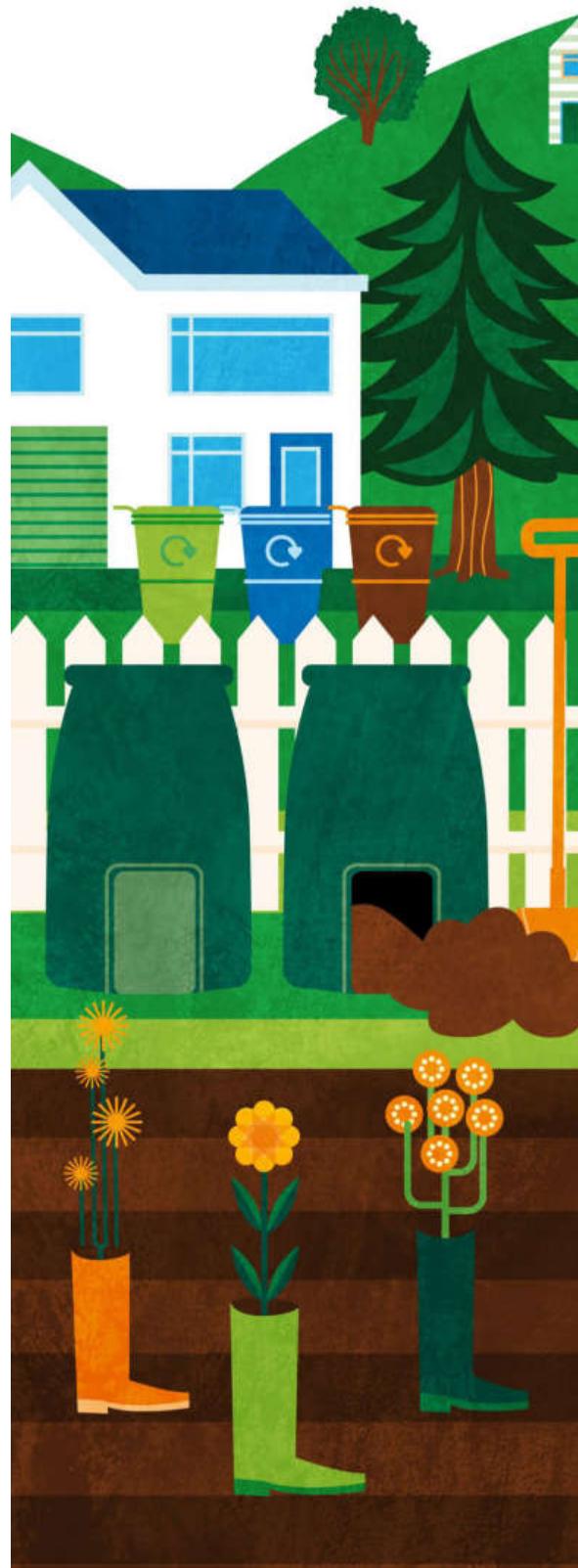
Chef Frank Turner, executive chef of Henry Ford Village, a senior living facility in Dearborn Michigan recently made the switch in the entire operation to a no-disposable take out system. No longer are any to-go boxes used and then discarded. The low cost material is guaranteed for 150 wash cycles are returned to receptacles throughout the property. A larger upfront investment will end up saving the kitchen over \$20,000 a year. Chef Turner's ability to see an issue and make a more sustainable choice is helping the environment and altering the way residents, employees and most importantly, the decision makers in the organization think.

## GARDEN

The act of planting, even a small box garden can save any operation money and increase Triple Bottom Line sustainability. At the Culinary School I run, I was able to convince the property owner to allow us to take over sections of landscaping and convert them to gardens. Starting with herbs in the first year, we were able to save \$250.00 a month with a progressive increase in the following years. The community in the area is talking about it and we are enhancing, not only the knowledge of our students but the community at large.

## CHANGE THE LIGHT BULBS

If you have not already, change the lights in your facility from traditional incandescent light bulbs to any one of the more energy efficient models on the market. This has to be the easiest thing to do. Save money in the end and help reduce the energy consumption of your facility.





### WATER SAVING FAUCETS

Another easy fix is changing out the water nozzle on faucets. Low-flow faucet aerators incorporate air into the water stream to reduce the amount flowing while maintaining pressure. Roughly \$5.00 USD a piece, will reduce water usage by 50% every year.

### UNDERSTAND FARMING

We need to develop a deeper understanding of farming methods for our areas that meet the sustainable model. Investigate the impacts of “Certified Organic” farming on a global scale. You may be surprised to learn the negative environmental impacts that “Organic Pesticides” have on the crops2 . Find out what it means to run a “Fully Sustainable” farm. Investigate Permaculture, Bio-Dynamic, Conventional and other farming methods to find the one that matches your operations needs, aligns with your social conscious and is environmentally the best for the region you live.

### READ LABELS

Move past the marketing terms and find out what really is in the products you purchase. You will learn a lot of searching for ingredient origins and discovering for example, what Butylated Hydroxyanisole really is.

### ASK QUESTIONS

The most important thing that we can do to improve our sustainable choices is to begin the conversations. By asking yourself questions and the others around you, the dialog will begin and with more education, we begin to make the impact that we can.

Ask yourself, “Do I sleep at night with a clear conscious that the choices I’ve made today will not impact the future of our food system?” People working in the culinary industry have power in the choices that they make every day. We touch food, we touch the planet, we touch people and in turn, we touch the future. When enough people decide to change their habits on a consistent basis and make positive choices in everyday life, we will make a difference.

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Jeremy Abbey CEC, CEPC, CCE, CCA is a member of the American Chef Federation and is an advocate on sustainable efforts. If you have any views on this article, share them with us on the WACS WORLDCHEFS facebook page.



## SERVING SPECIAL CUSTOMERS

Being a chef is a huge responsibility, especially when you have guests who have allergies.

The food service industry is by definition those businesses, institutions and operators responsible for the preparation of any meal produced outside the home. This definition also encompasses street food vendors, small and medium sized businesses and any other food preparation operation which intends to supply food directly or indirectly to the end consumer.

Small and medium sized operations, which represent 99.1% of the food service industry, present diverse and sometimes very complex challenges to ensure food safety. One dimension of this problem is the need for effective management of food allergies in environments where control of allergen cross contamination is difficult and complex. Another bearing of the problem is the lack of effective staff knowledge and poor management of food allergies. The main problem is lack of understanding of the true consequences food allergies have on the allergy sufferers. It is also due to the misunderstanding of what allergies are and how these common foods can be controlled.

People suffering from one or more food allergy are on the rise as a result of a number of factors. Adding to this is the growing popularity of people wanting to eat out. The social inclusion of people suffering from different dietary requirements, including food allergy, has brought about the necessity for food businesses to be obliged to provide the consumer with accurate ingredient information and practices employed in the food provided, all this, besides other obligations of providing wholesome food. Within the European Union, last December a new piece of legislation came into force which requires the food businesses to give food information to all consumers under the Food Information Regulations (FIR). This regulation obliges the food business to furnish the consumer with accurate ingredient information so that the customer can make educated food choices. Food allergy sufferers are part of the consumer population. The regulation also includes loose food that is food prepared in restaurants.

People suffering from food allergies manifest a higher level of anxiety when they eat in any food service business for fear of ingesting the offending food. In general 60% of consumers find restaurants menus misleading or lacking information. This shortcoming in delivering accurate ingredient information triggers a chain of discomforts and lack of trust in the whole industry. The perception of food allergy sufferers of the loose food industry, as it is also known, is that most of the front of house staff do not check the allergen status of the meals. This lack of knowledge discourages the food allergy sufferers from integrating wholly with other consumers at social events or even at a simple casual lunch. Social isolation could be the hardest part of living with food allergy.

Understanding the complexity of living with a food allergy and how this affects the Health Related Quality of Life (HRQL) and the status of food allergy management within the loose food industry elicited the compulsion to investigate how allergen management can be improved within small and medium sized food businesses serving loose food. The management of food allergies can be accomplished through the proper implementation of a HACCP system based on the Codex Alimentarius principles. Although this sounds very complex in reality the management of any food ingredient needs to be in control at all times to ensure food safety, resulting in building confidence of people with food allergies in the food service industry, to enjoy eating out at the restaurants of their choice. The ultimate goal of every chef is to please the customer without causing any ill health.

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**Paulino Schembri** is also the CEO of the Malta Chefs Association and a Cert.HACCP Specialist.

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Photo by Charlie Drevstam of Tommy Myllimäki the Swedish Bocuse d'Or representative 2011 and 2015



# ART & SCIENCE COME TOGETHER

Electrolux Professional's exclusive partnership with Worldchefs is getting stronger.

Electrolux Professional is proud to announce the prolongation of its alliance with the global network of chefs associations, Worldchefs, and with it a renewed commitment to increasing knowledge and awareness of sustainable cooking.

"Art & Science Come Together" is how Electrolux Professional and Worldchefs have defined their partnership from the very beginning. This unlikely combination - art and science - highlights how the chefs' creativity and talent – when combined with cutting-edge kitchen technology – can lead to breakthrough innovation, making the life and work of the culinary professional easier and more profitable.

The cooperation between Worldchefs and Electrolux Professional started in 2014 and includes a number of dedicated educational activities which, after last year's success in the UK, the US and the UAE, will be extended to five more Countries in 2016: India, Singapore, Turkey, Sweden and South Africa.

"Chef2Chef" is a series of word-class seminars created to bring chefs together at the Electrolux Professional Centres of Excellence – the extensive showrooms equipped with training kitchens designed for equipment demonstration, cooking sessions and trainings around the world.

The seminars make use of locally sourced ingredients and provide details as to how chefs can prepare food using Electrolux Professional's technology, highlighting especially the Cook&Chill system, a breakthrough in sustainable cooking.

The "Chef2Chef" initiative is about educating chefs to recognise the importance of incorporating sustainable practices in their kitchens, which lead to higher quality food and improved safety standards while ensuring greater profitability in the foodservice industry. "The alliance between Electrolux Professional and Worldchefs is the perfect partnership. Electrolux Professional brings world class products and leading culinary technology to our Worldchefs members who are eager to share their talent and creativity with the world. With those ingredients, we all win," states Charles Carroll, Chef and President of Worldchefs.

For decades Electrolux Professional has been present in one of the most demanding workplaces - the professional kitchen - gaining exclusive insight from working with some of the world's best chefs. This has led to the development of innovative solutions that improve the foodservice industry's bottom line as well as the customer's culinary experience. Sharing knowledge forms the very foundation of this exclusive partnership, which is now going stronger.





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MORE INFORMATION ABOUT  
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# **WORLDCHEFS** **EVENTS CALENDAR 2015**

## **WORLDCHEFS COMPETITIONS**

**29 September - 2 October 2015**  
Culinaire Malaysia and FHM 2015 - Malaysia

**13-15 October 2015**  
HQ Salon Culinaire - Qatar

**31 October 2015**  
Atlantic Chef Cup Asian Young Chefs  
Knife Skills Competition 2015 – Taiwan

**13-15 November 2015**  
Food&Hotel China 2015 – China

**16-21 November 2015**  
World Chinese Culinary Championship – China

**7-9 December 2015**  
Sial Middle East – United Arab Emirates

**24-27 September**  
WORLDCHEFS Congress & Expo in Thessaloniki, Greece

**21-26 October 2016**  
IKA Olympiade der Koche – Germany

## **WORLDCHEFS JUDGING SEMINARS**

**8-9 October 2015**  
Cairo – Egypt

**12-15 October 2015**  
Doha – Qatar

**22 October 2015**  
Stockholm – Sweden

## **GLOBAL CHEFS CHALLENGE SEMI FINALS 2015 - 2016**

**Europe Central**  
1- 4 October 2015 – Prague (Czech Republic)

**Americas**  
23 - 25 October 2015 – Quito (Ecuador)

**Africa/Middle East**  
22 - 24 November 2015 – Dubai (United Arab Emirates)

## **CHEF2CHEF WORKSHOPS**

Follow [www.worldchefs.org](http://www.worldchefs.org) website and stay up-to-date with the latest news on the upcoming Chef2Chef workshops organised across the globe in 2015.

# WORLDCHEFS & YOU



“WORLDCHEFS – Bringing Worlds Together”

## WHO ARE WE?

Worldchefs is a global network of chefs associations first founded in October 1928 at the Sorbonne in Paris. At that first Congress, there were 65 delegates from 17 countries, representing 36 national and international associations, and the venerable August Escoffier was named the first Honourary President of Worldchefs. Today, this global body has 100 official chefs associations as members that represent over 10 million professional chefs worldwide. The bi-annual Congress is a hallmark tradition of Worldchefs and has been organised in over 20 cities across the world throughout its illustrious 86-year history.

## MISSION STATEMENT

Worldchefs is a non-political professional organization, dedicated to maintaining and improving culinary standards of global cuisines. We accomplish these goals through education, training and professional development of our international membership. As an authority and opinion leader on food, Worldchefs represents a global voice on all issues related to the culinary profession.

## FOLLOW US ON SOCIAL MEDIA ...



- twitter.com/wacsworldchefs
- facebook.com/wacsworldchefs
- youtube.com/user/wacsworldchefs
- www.worldchefs.org

## COMPETITIONS

Endorsing competitions of different scopes worldwide, and organising its own: Global Chefs, Hans Bueschkens Global Young Chefs Challenge and Global Pastry Chefs Challenges. These global events are held over a 2-year period with 7 semi-finals in 7 different world regions, while the Global Finals take place at Worldchefs bi-annual Congress.

## EDUCATION

Running educational programme that include the Global Culinary Certification Programme, Recognition of Quality Culinary Education (schools), Train the Trainer and Judging Seminars among others.

## YOUNG CHEFS DEVELOPMENT

Giving young professionals a voice and platform to be heard in the culinary industry around the world.

## SUSTAINABILITY

Promoting, launching and supporting sustainable projects for a better and healthier future through the Feed the Planet initiative.

## HUMANITARIAN

Carrying out different humanitarian activities under the leadership of the global chefs network World Chefs Without Borders.

## WORLDCHEFS WOMEN LEADERSHIP FORUM

Increasing visibility of female chefs in the culinary industry worldwide, providing them support, mentorship and supporting their future career development.

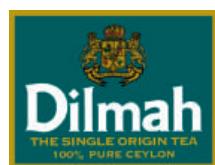
## INTERNATIONAL CHEFS' DAY

Celebrating October 20 as a global date of all chefs around the world, paying tribute to the profession and contributing to the community based on a theme.



OVER  
**100**  
MEMBER  
COUNTRIES  
—  
10 MILLION  
CHEFS

## **WORLD**CHEFS IS SUPPORTED BY ...



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